



Quick and Easy Goulash

READY IN



30 min.

SERVINGS



4

CALORIES



732 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce extra wide egg noodles
- 1 pound ground beef lean
- 1 onion chopped
- 1 cup cheddar cheese shredded
- 26 ounce spaghetti sauce
- 15.3 ounce kernel corn whole canned

Equipment

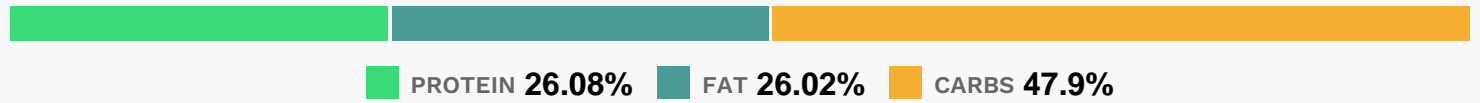
- frying pan

pot

Directions

- Bring a large pot of lightly salted water to a boil.
- Add egg noodles and cook for 8 to 10 minutes or until al dente; drain.
- In a skillet over medium heat, brown the beef; drain.
- Heat through over medium the beef, spaghetti sauce, corn, chopped onion and cheese.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:29.35, Inflammation Score:-8, Nutrition Score:34.090869333433%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 732.41kcal (36.62%), Fat: 21.18g (32.58%), Saturated Fat: 9.3g (58.14%), Carbohydrates: 87.73g (29.24%), Net Carbohydrates: 81.69g (29.71%), Sugar: 9.42g (10.46%), Cholesterol: 170mg (56.67%), Sodium: 1328.18mg (57.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.77g (95.55%), Selenium: 95.99µg (137.12%), Phosphorus: 660.92mg (66.09%), Zinc: 9.2mg (61.31%), Vitamin B3: 10.73mg (53.66%), Manganese: 1.03mg (51.73%), Vitamin B12: 3.09µg (51.44%), Vitamin B6: 0.86mg (43.07%), Potassium: 1334.44mg (38.13%), Iron: 6.42mg (35.69%), Magnesium: 124.18mg (31.05%), Vitamin B2: 0.53mg (31.01%), Copper: 0.61mg (30.27%), Calcium: 273.98mg (27.4%), Fiber: 6.04g (24.15%), Vitamin E: 3.5mg (23.35%), Vitamin A: 1134.24IU (22.68%), Folate: 89.42µg (22.35%), Vitamin B5: 2.22mg (22.24%), Vitamin C: 16.77mg (20.33%), Vitamin B1: 0.27mg (18.16%), Vitamin K: 6.71µg (6.39%), Vitamin D: 0.54µg (3.59%)