



Quick Beef and Pasta Pot

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup parsley fresh chopped
- 1 lb ground beef lean
- 14 oz deluxe macaroni & cheese dinner kraft
- 4 tomatoes chopped

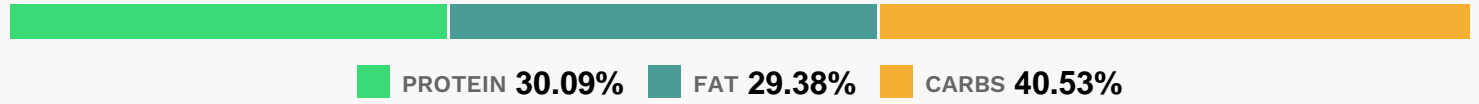
Equipment

- frying pan
- sauce pan

Directions

- Prepare Dinner in large saucepan as directed on package.
- Meanwhile, brown meat in skillet; drain.
- Add meat to Dinner with remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:30.92, Inflammation Score:-8, Nutrition Score:23.757826152055%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 510.25kcal (25.51%), Fat: 16.53g (25.43%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 51.32g (17.11%), Net Carbohydrates: 49.72g (18.08%), Sugar: 3.27g (3.63%), Cholesterol: 70.31mg (23.44%), Sodium: 843.14mg (36.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.1g (76.21%), Vitamin K: 71.56µg (68.15%), Phosphorus: 644.19mg (64.42%), Zinc: 7.31mg (48.74%), Vitamin B12: 2.54µg (42.34%), Vitamin B3: 7.01mg (35.05%), Manganese: 0.62mg (31.2%), Iron: 5.32mg (29.54%), Selenium: 19.74µg (28.19%), Vitamin B6: 0.55mg (27.31%), Vitamin A: 1340.49IU (26.81%), Vitamin C: 21.84mg (26.47%), Potassium: 900.11mg (25.72%), Magnesium: 74.09mg (18.52%), Calcium: 171.55mg (17.16%), Vitamin B2: 0.21mg (12.33%), Vitamin B5: 0.85mg (8.52%), Copper: 0.17mg (8.27%), Folate: 29.82µg (7.45%), Vitamin E: 1.01mg (6.73%), Fiber: 1.6g (6.4%), Vitamin B1: 0.1mg (6.35%)