



Saucy Beef Noodle Skillet

READY IN



25 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 1 lb extra-lean ground beef
- 1 bell pepper green chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 6 oz ramen noodle soup mix
- 1 cup milk mozzarella cheese shredded 2% kraft
- 1 cup water

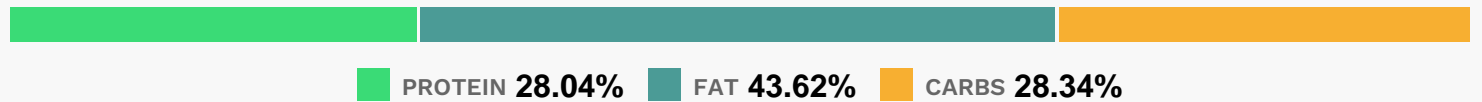
Equipment

frying pan

Directions

- Brown meat in large nonstick skillet on medium heat; drain. Stir in peppers, tomatoes, water and dressing.
- Discard Seasoning Packets from soup mixes or reserve for another use. Break apart Noodles.
- Add to meat mixture; mix well. Bring to boil, stirring frequently; cover. Simmer on medium-low heat 5 min., stirring occasionally.
- Remove from heat.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:8.31, Inflammation Score:-5, Nutrition Score:16.596521730008%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 345.39kcal (17.27%), Fat: 16.63g (25.59%), Saturated Fat: 6.9g (43.11%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 22.67g (8.24%), Sugar: 4.8g (5.34%), Cholesterol: 61.62mg (20.54%), Sodium: 1035.75mg (45.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.06g (48.12%), Vitamin B12: 2.19µg (36.5%), Zinc: 4.77mg (31.8%), Vitamin B3: 5.92mg (29.61%), Selenium: 19.62µg (28.03%), Vitamin C: 22.26mg (26.98%), Phosphorus: 268.97mg (26.9%), Vitamin B1: 0.37mg (24.89%), Vitamin B6: 0.46mg (22.92%), Iron: 3.78mg (20.99%), Vitamin B2: 0.29mg (17.05%), Vitamin K: 16.62µg (15.83%), Potassium: 502.02mg (14.34%), Calcium: 135.51mg (13.55%), Manganese: 0.24mg (11.85%), Folate: 44.4µg (11.1%), Vitamin E: 1.63mg (10.85%), Magnesium: 37.52mg (9.38%), Copper: 0.18mg (8.92%), Vitamin B5: 0.69mg (6.88%), Fiber: 1.65g (6.6%), Vitamin A: 287.42IU (5.75%)