



Saucy Ground Beef and Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



493 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 1 cup bell pepper chopped
- 5 oz extra wide egg noodles uncooked
- 2.5 cups water
- 0.5 teaspoon seasoning italian
- 25.5 oz tomatoes
- 4.5 oz mushrooms drained sliced

Equipment

dutch oven

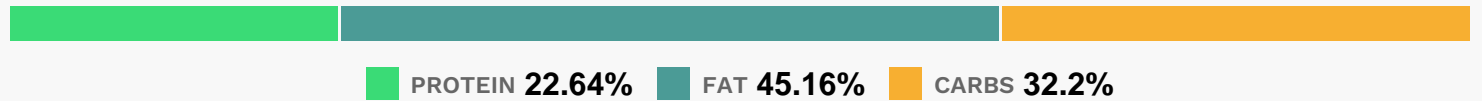
Directions

In 4-quart Dutch oven, cook beef, onion and bell pepper over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.

Stir in remaining ingredients.

Heat to boiling, stirring occasionally. Reduce heat; simmer uncovered 10 to 12 minutes or until noodles are tender.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:14.81, Inflammation Score:-9, Nutrition Score:29.135217132776%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 492.85kcal (24.64%), Fat: 25.05g (38.53%), Saturated Fat: 9.24g (57.77%), Carbohydrates: 40.18g (13.39%), Net Carbohydrates: 34.75g (12.64%), Sugar: 10.15g (11.28%), Cholesterol: 110.28mg (36.76%), Sodium: 951.41mg (41.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.25g (56.51%), Vitamin C: 62.49mg (75.74%), Selenium: 49.13µg (70.19%), Vitamin B3: 8.88mg (44.4%), Vitamin B12: 2.54µg (42.37%), Zinc: 6.13mg (40.88%), Vitamin A: 1975.47IU (39.51%), Vitamin B6: 0.79mg (39.41%), Phosphorus: 356.65mg (35.67%), Potassium: 1141.77mg (32.62%), Manganese: 0.6mg (30.13%), Vitamin B2: 0.48mg (28.46%), Iron: 5.06mg (28.12%), Copper: 0.52mg (26.15%), Vitamin E: 3.84mg (25.6%), Fiber: 5.43g (21.71%), Vitamin B5: 2.07mg (20.73%), Magnesium: 78.43mg (19.61%), Folate: 61.43µg (15.36%), Vitamin B1: 0.21mg (13.86%), Vitamin K: 10.74µg (10.23%), Calcium: 74.71mg (7.47%), Vitamin D: 0.28µg (1.89%)