



## Saucy Ground Beef and Noodles

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



490 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup bell pepper chopped
- 0.5 teaspoon seasoning italian
- 1 lb ground beef 80% lean (at least )
- 1 jar tomatoes (1 lb 10 oz) (any variety)
- 4.5 oz mushrooms drained sliced
- 0.5 cup onion chopped
- 2.5 cups water
- 5 oz extra wide egg noodles uncooked

# Equipment

dutch oven

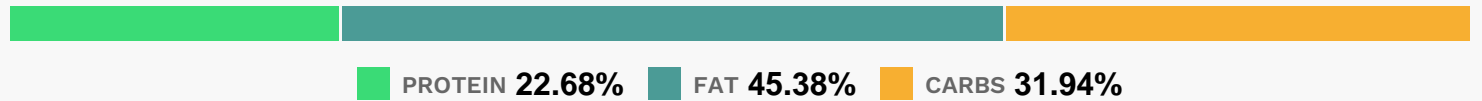
# Directions

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:14.63, Inflammation Score:-9, Nutrition Score:28.71130421369%

# 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, Quercetin: 4.15mg

# Nutrients (% of daily need)

Calories: 490.27kcal (24.51%), Fat: 25.01g (38.48%), Saturated Fat: 9.24g (57.74%), Carbohydrates: 39.61g (13.2%), Net Carbohydrates: 34.34g (12.49%), Sugar: 9.77g (10.86%), Cholesterol: 110.28mg (36.76%), Sodium: 900.56mg (39.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.13g (56.25%), Vitamin C: 61.74mg (74.83%), Selenium: 49.07µg (70.1%), Vitamin B3: 8.77mg (43.87%), Vitamin B12: 2.54µg (42.37%), Zinc: 6.11mg (40.73%), Vitamin B6: 0.78mg (38.88%), Vitamin A: 1929.02IU (38.58%), Phosphorus: 353.76mg (35.38%), Potassium: 1109.91mg (31.71%), Manganese: 0.59mg (29.56%), Vitamin B2: 0.48mg (28.05%), Iron: 4.96mg (27.55%), Copper: 0.51mg (25.54%), Vitamin E: 3.69mg (24.57%), Fiber: 5.27g (21.07%), Vitamin B5: 2.04mg (20.4%), Magnesium: 76.83mg (19.21%), Folate: 60.46µg (15.12%), Vitamin B1: 0.21mg (13.69%), Vitamin K: 10.44µg (9.94%), Calcium: 73.21mg (7.32%), Vitamin D: 0.28µg (1.89%)