



Simple Meatball & Noodle Skillet

READY IN



35 min.

SERVINGS



35

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz beef broth fat-free reduced-sodium canned
- 8 oz philadelphia cream cheese spread
- 1 eggs
- 3 cups extra wide egg noodles uncooked
- 3 Tbsp flour
- 2 Tbsp parsley fresh chopped
- 2 cloves garlic minced
- 1 Tbsp penzey's southwest seasoning dried italian
- 1 lb ground beef lean

- 2 Tbsp milk
- 0.3 cup parmesan cheese grated kraft
- 1 cup water

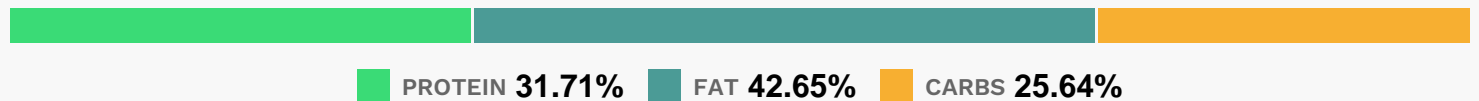
Equipment

- frying pan

Directions

- Mix meat, Parmesan, garlic and egg just until blended; shape into 18 (1-1/2-inch) meatballs. Cook in nonstick skillet on medium heat 6 min. or until evenly browned, stirring frequently.
- Add flour; cook and stir 1 min. Move meatballs to edge of skillet.
- Add broth and water to skillet; bring to boil.
- Add noodles to center of skillet; press with back of spoon to completely cover noodles with broth. Cover with lid.
- Simmer on medium heat 7 to 8 min. or until noodles are tender and sauce is thickened, stirring after 4 min. to combine meatballs and noodles.
- Add cream cheese spread, milk and seasoning; cook and stir 2 to 3 min. or until heated through.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:6.4, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:2.5186956447104%

Flavonoids

Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 56.41kcal (2.82%), Fat: 2.63g (4.04%), Saturated Fat: 1.44g (9%), Carbohydrates: 3.55g (1.18%), Net Carbohydrates: 3.35g (1.22%), Sugar: 0.32g (0.36%), Cholesterol: 20.4mg (6.8%), Sodium: 79.41mg (3.45%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Selenium: 5.81µg (8.29%), Vitamin B12: 0.33µg (5.47%), Zinc: 0.8mg (5.31%), Phosphorus: 44.2mg (4.42%), Vitamin K: 4.53µg (4.32%), Vitamin B3: 0.83mg (4.16%), Vitamin B6: 0.07mg (3.27%), Iron: 0.5mg (2.75%), Potassium: 84.62mg (2.42%), Calcium: 23.45mg (2.35%), Vitamin B2: 0.04mg (2.26%), Manganese: 0.05mg (2.25%), Vitamin A: 100.73IU (2.01%), Magnesium: 6.07mg (1.52%), Vitamin B5: 0.14mg (1.44%), Copper: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.19%), Folate: 4.09µg (1.02%)