



## Skillet Meatball Goulash

READY IN



35 min.

SERVINGS



4

CALORIES



1336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bell pepper green chopped
- 0.5 cup onion chopped
- 12 oz gravy
- 14 oz beef broth canned
- 0.8 cup water
- 2 tablespoons chili sauce
- 3 cups meatballs frozen italian cooked
- 3.5 cups lasagne pasta sheets mini uncooked (mafalda)
- 0.5 cup cream light sour

2 tablespoons parsley fresh chopped

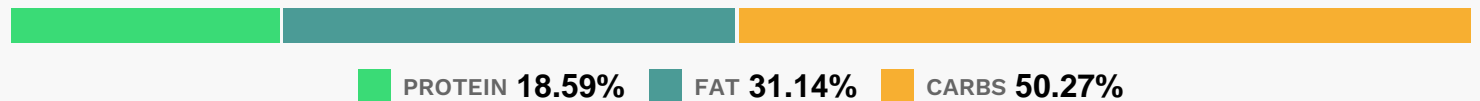
## Equipment

frying pan

## Directions

- Spray 12-inch nonstick skillet with nonstick cooking spray.
- Heat over medium-high heat until hot.
- Add bell pepper and onion; cook and stir 2 to 3 minutes or until crisp-tender.
- Add gravy, broth, water, chili sauce and meatballs; mix well. Bring to a boil, stirring occasionally. Reduce heat to medium. Cover; cook 5 minutes or until meatballs are thawed.
- Add uncooked noodles; mix well. Cover; cook about 10 minutes or until noodles are tender and meatballs are thoroughly heated, stirring occasionally.
- Remove from heat. Stir in sour cream until well blended.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:27.75, Glycemic Load:62.63, Inflammation Score:-8, Nutrition Score:38.339130510455%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

## Nutrients (% of daily need)

Calories: 1335.8kcal (66.79%), Fat: 45.52g (70.03%), Saturated Fat: 17.29g (108.06%), Carbohydrates: 165.32g (55.11%), Net Carbohydrates: 157.8g (57.38%), Sugar: 9.34g (10.37%), Cholesterol: 144.62mg (48.21%), Sodium: 999.48mg (43.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.15g (122.3%), Selenium: 176.25µg (251.79%), Vitamin B1: 1.53mg (101.8%), Manganese: 1.98mg (98.89%), Phosphorus: 749.68mg (74.97%), Vitamin B3: 12.27mg (61.35%), Vitamin B6: 1.07mg (53.44%), Zinc: 7.06mg (47.08%), Magnesium: 154.5mg (38.62%), Vitamin B2:

0.61mg (36.14%), Copper: 0.72mg (36.13%), Potassium: 1186.05mg (33.89%), Vitamin K: 35µg (33.33%), Fiber: 7.53g (30.11%), Vitamin C: 21.82mg (26.44%), Iron: 4.73mg (26.28%), Vitamin B12: 1.43µg (23.87%), Vitamin B5: 2.15mg (21.48%), Folate: 60.66µg (15.16%), Calcium: 126.86mg (12.69%), Vitamin A: 395.51IU (7.91%), Vitamin E: 0.55mg (3.64%)