



Sloppy Joe Rotini (Ghoulish Goulash)

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces rotini pasta uncooked
- 2 pounds ground beef lean
- 4 cups corn frozen (from two 12 oz. bags)
- 2 cups water
- 2 cups zucchini sliced
- 31 ounces extra tofu

Equipment

- dutch oven

Directions

- Cook and drain pasta as directed on package.
- While pasta is cooking, cook beef in Dutch oven over medium-high heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in pasta and remaining ingredients.
- Heat to boiling; reduce heat to medium. Cover and simmer 5 to 10 minutes, stirring occasionally, until zucchini is crisp-tender.

Nutrition Facts

PROTEIN 35.4% **FAT 17.75%** **CARBS 46.85%**

Properties

Glycemic Index:7.13, Glycemic Load:12.86, Inflammation Score:-5, Nutrition Score:23.32217383903%

Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 459.66kcal (22.98%), Fat: 9.14g (14.06%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 54.3g (18.1%), Net Carbohydrates: 50.21g (18.26%), Sugar: 3g (3.33%), Cholesterol: 70.31mg (23.44%), Sodium: 156.16mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.03g (82.07%), Selenium: 47.33µg (67.61%), Zinc: 7.71mg (51.42%), Phosphorus: 498.31mg (49.83%), Vitamin B3: 8.74mg (43.69%), Vitamin B12: 2.54µg (42.34%), Vitamin B6: 0.72mg (35.76%), Manganese: 0.59mg (29.33%), Iron: 5.23mg (29.08%), Potassium: 979.82mg (27.99%), Magnesium: 109.72mg (27.43%), Copper: 0.5mg (24.89%), Vitamin B2: 0.35mg (20.42%), Vitamin B1: 0.27mg (18.03%), Fiber: 4.09g (16.36%), Vitamin C: 11.49mg (13.93%), Folate: 53.76µg (13.44%), Vitamin B5: 1.22mg (12.16%), Calcium: 63.23mg (6.32%), Vitamin E: 0.4mg (2.68%), Vitamin K: 1.72µg (1.63%), Vitamin A: 65.3IU (1.31%)