



Slumgullion

READY IN



30 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 1 pound ground beef lean
- ☐ 0.3 cup parmesan cheese grated
- ☐ 11 ounce kernel corn whole canned
- ☐ 8 ounce wide egg noodles

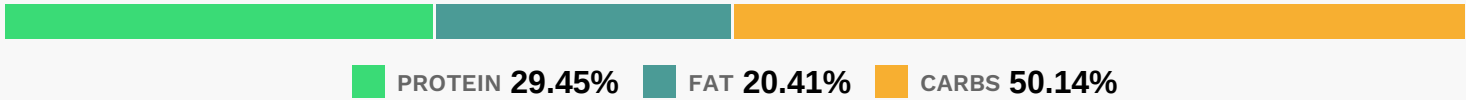
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large skillet, cook and stir ground meat until browned.
- ☐ Drain off excess fat.
- ☐ Stir in corn and tomato soup. Simmer while the noodles are cooking, about 10 minutes.
- ☐ Cook pasta in a large pot of boiling water until al dente.
- ☐ Drain.
- ☐ Stir noodles into ground beef mixture, and sprinkle parmesan cheese on top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.13, Glycemic Load:20.88, Inflammation Score:-6, Nutrition Score:23.661304266556%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 507.37kcal (25.37%), Fat: 11.39g (17.52%), Saturated Fat: 4.45g (27.8%), Carbohydrates: 62.93g (20.98%), Net Carbohydrates: 60.22g (21.9%), Sugar: 7.34g (8.16%), Cholesterol: 123.37mg (41.12%), Sodium: 610.44mg (26.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.97g (73.94%), Selenium: 68.88µg (98.4%), Zinc: 7.49mg (49.91%), Vitamin B12: 2.79µg (46.48%), Phosphorus: 456.38mg (45.64%), Vitamin B3: 8.69mg (43.44%), Manganese: 0.65mg (32.51%), Vitamin B6: 0.64mg (31.88%), Potassium: 1060.82mg (30.31%), Iron: 4.43mg (24.59%), Magnesium: 79.26mg (19.82%), Vitamin B2: 0.28mg (16.37%), Copper: 0.32mg (16.02%), Vitamin C: 11.15mg (13.52%), Vitamin B5: 1.27mg (12.65%), Vitamin B1: 0.19mg (12.55%), Folate: 45.1µg (11.27%), Fiber: 2.71g (10.84%), Calcium: 96.76mg (9.68%), Vitamin A: 387.88IU (7.76%), Vitamin E: 0.82mg (5.45%), Vitamin K: 3.17µg (3.02%), Vitamin D: 0.31µg (2.1%)