



Squash Stuff



Gluten Free



Dairy Free

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READY IN

ready

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75 min.

SERVINGS

servings

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8

CALORIES

calories

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267 kcal

SIDE DISH

Ingredients

- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 1 pound ground beef
- ☐ 1 tablespoon ground pepper black
- ☐ 2 potatoes cubed peeled
- ☐ 1 tablespoon seasoning salt
- ☐ 15.3 ounce kernel corn whole undrained canned
- ☐ 1 baby squash yellow sliced
- ☐ 1 zucchini sliced

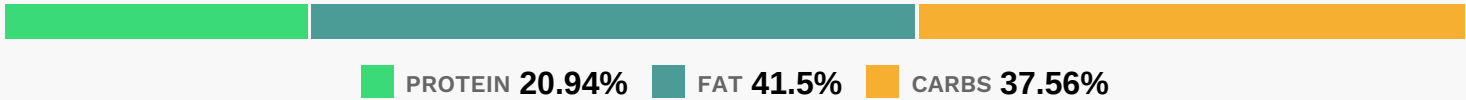
Equipment

☐ frying pan

Directions

- ☐ Cook the ground beef in a large skillet over medium heat until evenly browned; drain.
- ☐ Mix the crushed tomatoes with liquid, diced tomatoes with liquid, corn with liquid, yellow squash, zucchini, and potatoes into the skillet with the beef. Season with seasoning salt and pepper. Bring the mixture to boil, adding water as needed to cover the ingredients. Reduce heat, and simmer 20 minutes, or until the potatoes are tender.
- ☐ Drain to serve.

Nutrition Facts



Properties

Glycemic Index:25.09, Glycemic Load:9.19, Inflammation Score:-5, Nutrition Score:15.394347766171%

Flavonoids

Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 266.73kcal (13.34%), Fat: 12.59g (19.36%), Saturated Fat: 4.56g (28.53%), Carbohydrates: 25.63g (8.54%), Net Carbohydrates: 21.87g (7.95%), Sugar: 5.94g (6.6%), Cholesterol: 40.26mg (13.42%), Sodium: 1134.9mg (49.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.29g (28.57%), Vitamin C: 29.09mg (35.26%), Vitamin B6: 0.58mg (29.23%), Potassium: 868.96mg (24.83%), Manganese: 0.48mg (24.16%), Vitamin B3: 4.83mg (24.15%), Zinc: 3.1mg (20.7%), Vitamin B12: 1.21µg (20.22%), Phosphorus: 193.65mg (19.37%), Iron: 3.18mg (17.67%), Copper: 0.33mg (16.33%), Fiber: 3.76g (15.04%), Magnesium: 57.56mg (14.39%), Folate: 54.17µg (13.54%), Selenium: 9.4µg (13.42%), Vitamin B2: 0.22mg (12.93%), Vitamin B1: 0.17mg (11.54%), Vitamin E: 1.54mg (10.3%), Vitamin K: 10.31µg (9.82%), Vitamin B5: 0.82mg (8.17%), Vitamin A: 316.5IU (6.33%), Calcium: 62.87mg (6.29%)