



## Taco Noodle Dinner

READY IN



50 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups extra wide egg noodles uncooked fine
- 1 tablespoon parsley fresh minced
- 1 pound ground beef
- 4 ounces mushrooms drained canned
- 4 ounces mushrooms drained canned
- 0.3 cup onion chopped
- 0.5 teaspoon salt
- 8 ounces cream sour
- 1 envelope taco seasoning

- 2.5 cups sacramento tomato juice
- 0.8 cup water

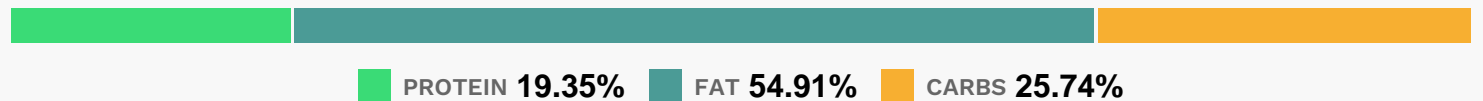
## Equipment

- frying pan

## Directions

- In a large skillet, cook the beef and onion over medium heat until meat is no longer pink; drain. Stir in the water, taco seasoning and salt. Reduce heat; simmer for 2–3 minutes.
- Add mushrooms.
- Sprinkle noodles over the top.
- Pour tomato juice over the noodles and stir gently. Cover and simmer for 20–25 minutes or until noodles are tender.
- Remove from the heat.
- Combine sour cream and parsley; spread over the top. Cover and let stand for 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:33.06, Glycemic Load:7.32, Inflammation Score:-8, Nutrition Score:17.601304246032%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

## Nutrients (% of daily need)

Calories: 379.23kcal (18.96%), Fat: 23.49g (36.13%), Saturated Fat: 9.87g (61.71%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 22.12g (8.04%), Sugar: 7.38g (8.2%), Cholesterol: 91.94mg (30.65%), Sodium: 744.92mg (32.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.25%), Selenium: 31.56µg (45.09%), Vitamin B12: 1.77µg (29.46%), Vitamin C: 23.67mg (28.69%), Vitamin B3: 5.69mg (28.46%), Zinc: 4.02mg (26.8%), Vitamin A:

1306.41IU (26.13%), Phosphorus: 247.02mg (24.7%), Vitamin B6: 0.46mg (23.05%), Vitamin B2: 0.38mg (22.25%), Potassium: 663.26mg (18.95%), Iron: 2.93mg (16.27%), Vitamin B5: 1.51mg (15.1%), Copper: 0.3mg (14.99%), Vitamin K: 15.31µg (14.58%), Manganese: 0.27mg (13.65%), Magnesium: 43.49mg (10.87%), Fiber: 2.64g (10.57%), Folate: 42.03µg (10.51%), Vitamin B1: 0.15mg (10.28%), Calcium: 73.15mg (7.32%), Vitamin E: 0.86mg (5.72%), Vitamin D: 0.21µg (1.39%)