



Talerini

READY IN



40 min.

SERVINGS



6

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce olives black drained sliced canned
- ☐ 8 ounce tomato sauce canned
- ☐ 1 teaspoon chili powder to taste
- ☐ 1 pound ground beef
- ☐ 2 cups cheddar cheese shredded
- ☐ 11 ounce kernel corn whole drained canned
- ☐ 8 ounce wide egg noodles

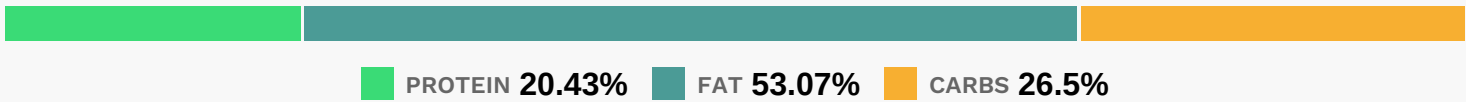
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C). Bring a large pot of lightly salted water to a boil.
- ☐ Add the noodles, and cook until tender, about 7 minutes.
- ☐ Drain, and return to the pot.
- ☐ Crumble the ground beef into a large skillet over medium-high heat. Cook and stir until evenly browned.
- ☐ Drain off grease. Stir in the tomato sauce, corn and olives. Season with chili powder. Stir the beef mixture in with the noodles.
- ☐ Pour into a 9x13 inch baking dish. Top with Cheddar cheese.
- ☐ Bake for 20 minutes in the preheated oven, until the cheese is melted.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:12.2, Inflammation Score:-6, Nutrition Score:19.249565280002%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 566.73kcal (28.34%), Fat: 33.4g (51.39%), Saturated Fat: 14g (87.5%), Carbohydrates: 37.52g (12.51%), Net Carbohydrates: 34.97g (12.72%), Sugar: 2.31g (2.56%), Cholesterol: 123.09mg (41.03%), Sodium: 869.12mg (37.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.87%), Selenium: 52.25µg (74.64%), Phosphorus: 416.33mg (41.63%), Zinc: 5.52mg (36.79%), Vitamin B12: 2.13µg (35.44%), Calcium: 310.4mg (31.04%), Vitamin B3: 4.87mg (24.36%), Vitamin B2: 0.35mg (20.52%), Manganese: 0.41mg (20.49%), Vitamin B6: 0.4mg (20.09%), Iron: 2.87mg (15.96%), Vitamin A: 737.64IU (14.75%), Magnesium: 58.91mg (14.73%), Potassium: 512.34mg (14.64%), Vitamin E: 2.12mg (14.16%), Copper: 0.26mg (12.82%), Folate: 43.3µg (10.82%), Fiber: 2.55g (10.22%), Vitamin B5:

1mg (10.04%), Vitamin B1: 0.13mg (8.62%), Vitamin C: 3.53mg (4.28%), Vitamin K: 4.13µg (3.93%), Vitamin D: 0.41µg (2.77%)