



Tomato-Vegetable Stroganoff

READY IN



25 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 box hawaiian rolls
- 2 cups green beans frozen
- 1 cup water hot
- 1 cup milk
- 19 oz tomato basil sauce canned

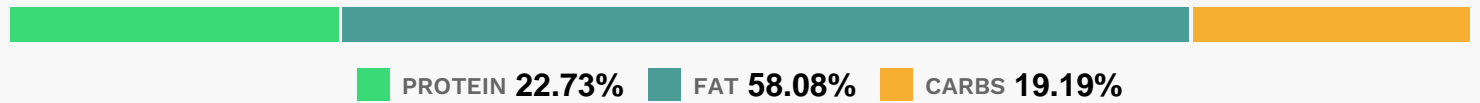
Equipment

- frying pan

Directions

- In 10-inch skillet, cook beef over medium-high heat, stirring occasionally, until brown; drain.
- Stir in Sauce
- Mix, beans, hot water, milk and soup.
- Heat to boiling. Stir in uncooked Pasta.
- Reduce heat; cover and simmer 15 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:1.49, Inflammation Score:-6, Nutrition Score:11.918695522391%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 292.89kcal (14.64%), Fat: 18.66g (28.71%), Saturated Fat: 6.92g (43.27%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 10.01g (3.64%), Sugar: 9.63g (10.7%), Cholesterol: 58.56mg (19.52%), Sodium: 408.65mg (17.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.44g (32.88%), Vitamin B12: 1.84µg (30.63%), Zinc: 3.42mg (22.8%), Potassium: 629.96mg (18%), Selenium: 12.38µg (17.68%), Vitamin B3: 3.51mg (17.57%), Phosphorus: 174.62mg (17.46%), Vitamin A: 857.52IU (17.15%), Vitamin K: 17.26µg (16.44%), Vitamin B6: 0.32mg (16.04%), Fiber: 3.87g (15.46%), Iron: 2.37mg (13.17%), Vitamin B2: 0.21mg (12.15%), Calcium: 107.34mg (10.73%), Vitamin C: 8.78mg (10.65%), Magnesium: 27.33mg (6.83%), Vitamin B5: 0.61mg (6.14%), Vitamin B1: 0.09mg (5.75%), Manganese: 0.09mg (4.47%), Folate: 17.55µg (4.39%), Copper: 0.08mg (3.92%), Vitamin D: 0.52µg (3.49%), Vitamin E: 0.48mg (3.21%)