



Tomato-Vegetable Stroganoff

READY IN



25 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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

PROTEIN 22.49% **FAT 52.42%** **CARBS 25.09%**

Properties

Glycemic Index:30.42, Glycemic Load:6.12, Inflammation Score:-6, Nutrition Score:13.534782461498%

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: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 287.5kcal (14.38%), Fat: 16.9g (26.01%), Saturated Fat: 6.68g (41.75%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 16.22g (5.9%), Sugar: 10.55g (11.72%), Cholesterol: 58.56mg (19.52%), Sodium: 409.55mg (17.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.62%), Vitamin B12: 1.84µg (30.63%), Potassium: 847.21mg (24.21%), Zinc: 3.58mg (23.88%), Selenium: 15.07µg (21.53%), Vitamin B3: 4.28mg (21.42%), Phosphorus: 202.45mg (20.25%), Vitamin B6: 0.4mg (19.9%), Vitamin C: 16.06mg (19.46%), Vitamin K: 20.13µg (19.17%), Vitamin A: 670.79IU (13.42%), Iron: 2.38mg (13.22%), Vitamin B2: 0.22mg (12.95%), Manganese: 0.21mg (10.66%), Magnesium: 39.9mg (9.97%), Calcium: 90.29mg (9.03%), Vitamin B1: 0.12mg (8.26%), Fiber: 1.98g (7.92%), Copper: 0.12mg (6.16%), Vitamin B5: 0.61mg (6.14%), Vitamin E: 0.79mg (5.24%), Folate: 17.55µg (4.39%), Vitamin D: 0.52µg (3.49%)