



## Tomato-Vegetable Stroganoff

READY IN



25 min.

SERVINGS



6

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups green beans frozen green giant®
- ☐ 1 lb ground beef 80% lean (at least )
- ☐ 1 cup milk
- ☐ 19 oz all natural tomato soup progresso® canned
- ☐ 1 cup water hot
- ☐ 1 box beef pasta skillet meal hamburger helper®

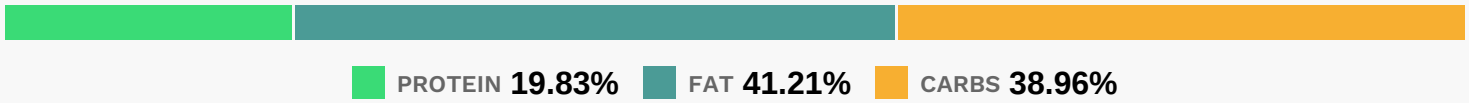
### Equipment

- ☐ 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:20.08, Glycemic Load:6.07, Inflammation Score:-6, Nutrition Score:14.882173818091%

## 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: 376.41kcal (18.82%), Fat: 17.3g (26.62%), Saturated Fat: 6.68g (41.74%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 34.02g (12.37%), Sugar: 12.16g (13.52%), Cholesterol: 58.56mg (19.52%), Sodium: 1066.85mg (46.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.73g (37.46%), Vitamin B12: 1.84µg (30.62%), Vitamin B3: 5.58mg (27.89%), Potassium: 895.76mg (25.59%), Zinc: 3.58mg (23.87%), Selenium: 15.03µg (21.47%), Vitamin B1: 0.31mg (20.34%), Phosphorus: 202.28mg (20.23%), Vitamin B6: 0.4mg (19.89%), Vitamin C: 16.05mg (19.46%), Vitamin K: 20.12µg (19.16%), Vitamin B2: 0.3mg (17.81%), Iron: 2.96mg (16.44%), Vitamin A: 670.79IU (13.42%), Fiber: 2.79g (11.15%), Manganese: 0.21mg (10.61%), Magnesium: 39.86mg (9.97%), Calcium: 90.05mg (9%), Copper: 0.12mg (6.15%), Vitamin B5: 0.61mg (6.14%), Vitamin E: 0.79mg (5.24%), Folate: 17.39µg (4.35%), Vitamin D: 0.52µg (3.49%)