

American Goulash II

Cooks.com
Scripps Treasure Coast Newspapers

2 pounds lean ground beef
1 medium onion
1 medium green pepper
1 can (32 ounce) tomato juice
2 cups elbow macaroni
1 can (16 ounce) diced tomatoes
1/4 cup Parmesan cheese

In a skillet, brown the ground beef until done.

Dice the onion and green pepper.

Add the onions, green pepper, tomatoes, tomato juice and macaroni to the ground beef. Salt and pepper, to taste.

Cook on medium-low heat for 45 minutes.

Serve with a sprinkling of Parmesan cheese.

Per Serving (excluding unknown items): 3044 Calories; 196g Fat (59.2% calories from fat); 188g Protein; 117g Carbohydrate; 10g Dietary Fiber; 697mg Cholesterol; 1469mg Sodium. Exchanges: 5 1/2 Grain(Starch); 24 1/2 Lean Meat; 5 1/2 Vegetable; 24 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	3044
% Calories from Fat:	59.2%
% Calories from Carbohydrates:	15.6%
% Calories from Protein:	25.2%
Total Fat (g):	196g
Saturated Fat (g):	80g
Monounsaturated Fat (g):	84g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	697mg
Carbohydrate (g):	117g
Dietary Fiber (g):	10g
Protein (g):	188g

Vitamin B6 (mg):	3.0mg
Vitamin B12 (mcg):	21.5mcg
Thiamin B1 (mg):	1.9mg
Riboflavin B2 (mg):	2.6mg
Folacin (mcg):	193mcg
Niacin (mg):	52mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	5 1/2
Lean Meat:	24 1/2

Sodium (mg): 1469mg
Potassium (mg): 3627mg
Calcium (mg): 421mg
Iron (mg): 23mg
Zinc (mg): 38mg
Vitamin C (mg): 170mg
Vitamin A (i.u.): 2692IU
Vitamin A (r.e.): 297RE

Vegetable: 5 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 24
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3044 **Calories from Fat:** 1802

% Daily Values*

Total Fat 196g	302%
Saturated Fat 80g	398%
Cholesterol 697mg	232%
Sodium 1469mg	61%
Total Carbohydrates 117g	39%
Dietary Fiber 10g	41%
Protein 188g	
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Vitamin A	54%
Vitamin C	283%
Calcium	42%
Iron	127%

* Percent Daily Values are based on a 2000 calorie diet.