



Bacon-Double Cheeseburger Skillet

READY IN



30 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 2 cups milk
- 1 cup water hot
- 1 box beef pasta skillet meal
- 0.5 cup barbecue sauce
- 3 oz pepper jack cheese
- 1 medium tomatoes cut into 6 slices
- 6 slices bacon cooked drained

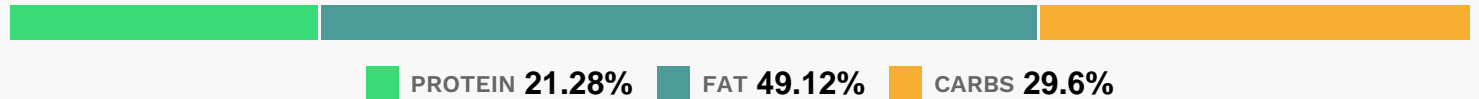
Equipment

- frying pan

Directions

- In 12-inch skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until beef is brown; drain.
- Stir in milk, hot water, uncooked pasta and sauce mix (from Hamburger Helper box) and barbecue sauce.
- Heat to boiling, stirring occasionally.
- Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.
- Remove from heat; uncover.
- Arrange cheese slices over top; place tomato slice and bacon strip on each cheese slice in spoke pattern.
- Let stand 5 minutes (sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:1.95, Inflammation Score:-4, Nutrition Score:14.696521738301%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 470.52kcal (23.53%), Fat: 25.44g (39.13%), Saturated Fat: 11g (68.77%), Carbohydrates: 34.48g (11.49%), Net Carbohydrates: 32.99g (11.99%), Sugar: 14.63g (16.25%), Cholesterol: 83.97mg (27.99%), Sodium: 1208.14mg (52.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.58%), Vitamin B12: 2.26µg (37.7%), Phosphorus: 309.12mg (30.91%), Vitamin B3: 5.71mg (28.57%), Zinc: 4.27mg (28.44%), Selenium: 19.37µg (27.68%), Vitamin B2: 0.4mg (23.65%), Calcium: 234.44mg (23.44%), Vitamin B1: 0.33mg (21.75%), Vitamin B6: 0.4mg (19.9%),

Potassium: 549.61mg (15.7%), Iron: 2.47mg (13.7%), Vitamin A: 468.14IU (9.36%), Magnesium: 36mg (9%), Vitamin B5: 0.88mg (8.76%), Vitamin D: 1.09µg (7.25%), Fiber: 1.5g (5.99%), Copper: 0.1mg (5.03%), Vitamin E: 0.73mg (4.83%), Vitamin C: 3.94mg (4.77%), Manganese: 0.08mg (4.24%), Vitamin K: 4.06µg (3.87%), Folate: 13.93µg (3.48%)