



Beef, Cheese, and Noodle Bake

READY IN



45 min.

SERVINGS



8

CALORIES



355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons bottled garlic minced
- 1 cup carrots
- 8 ounce elbow macaroni
- 1 cup skim milk fat-free
- 2 tablespoons flour all-purpose
- 0.1 teaspoon nutmeg
- 1 pound ground sirloin lean
- 1 teaspoon kosher salt divided

- 1 cup onion
- 6 ounces sharp cheddar cheese shredded 2% divided reduced-fat (such as Cracker Barrel)
- 1 cup tomato sauce

Equipment

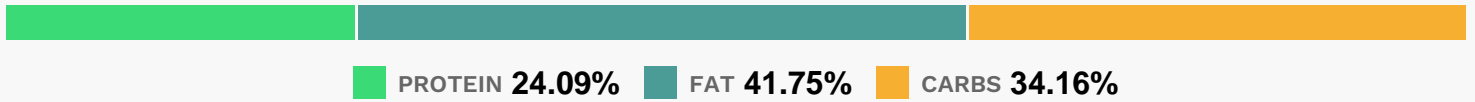
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- dutch oven

Directions

- Preheat oven to 35
- Cook pasta according to the package directions, omitting salt and fat; drain. Lightly coat pasta with cooking spray.
- Heat a Dutch oven over medium-high heat. Coat pan with cooking spray.
- Add onion and carrot, and saut 4 minutes.
- Add garlic; saut 1 minute.
- Add ground beef; cook 5 minutes or until browned, stirring to crumble.
- Add tomato sauce, 1/2 teaspoon salt and pepper. Cook for 2 minutes or until most of liquid evaporates.
- Add pasta to beef mixture in pan, stirring to combine. Spoon pasta mixture into an 11 x 7-inch baking dish coated with cooking spray.
- Place milk, flour, nutmeg, and remaining 1/2 teaspoon salt in a medium saucepan; stir with a whisk until blended. Cook over medium heat 2 minutes or until thickened, stirring constantly with a whisk.
- Add 1 cup cheese, stirring until smooth.
- Pour cheese mixture over pasta mixture; stir. Top evenly with remaining 1/2 cup cheese.
- Bake at 350 for 20 minutes or until lightly browned.

Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:48.26, Glycemic Load:3.26, Inflammation Score:-9, Nutrition Score:16.915217430695%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 355.32kcal (17.77%), Fat: 16.38g (25.2%), Saturated Fat: 7.54g (47.14%), Carbohydrates: 30.15g (10.05%), Net Carbohydrates: 27.88g (10.14%), Sugar: 5.1g (5.66%), Cholesterol: 60.74mg (20.25%), Sodium: 638.7mg (27.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.27g (42.53%), Vitamin A: 3082.32IU (61.65%), Selenium: 34.63µg (49.46%), Phosphorus: 304.56mg (30.46%), Vitamin B12: 1.63µg (27.22%), Zinc: 4.03mg (26.86%), Calcium: 222.71mg (22.27%), Manganese: 0.4mg (20.07%), Vitamin B3: 3.77mg (18.85%), Vitamin B6: 0.36mg (18.08%), Vitamin B2: 0.28mg (16.62%), Potassium: 478.2mg (13.66%), Iron: 2.1mg (11.64%), Magnesium: 44.16mg (11.04%), Copper: 0.19mg (9.32%), Fiber: 2.27g (9.08%), Vitamin B5: 0.81mg (8.11%), Vitamin B1: 0.12mg (7.81%), Folate: 26.69µg (6.67%), Vitamin E: 0.95mg (6.36%), Vitamin C: 4.96mg (6.01%), Vitamin K: 4.56µg (4.34%), Vitamin D: 0.52µg (3.47%)