



Beef, Vegetable and Shells Skillet

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tsp basil leaves dried
- 1 lb extra-lean ground beef
- 0.5 cup 1/2 cup kraft lite zesty italian dressing italian kraft
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft
- 16 oz vegetable blend red frozen thawed (peppers, carrots, broccoli, cauliflower)
- 12 oz velveeta shells & cheese dinner made 2% with milk cheese

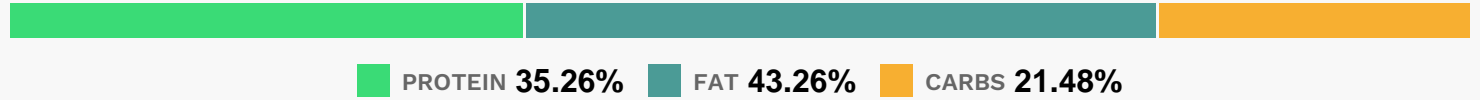
Equipment

- frying pan

Directions

- Prepare Dinner as directed on package.
- Meanwhile, brown meat with dressing in large skillet on medium heat. Stir in vegetables and basil; cook 5 min. or until heated through, stirring occasionally.
- Stir in Dinner; top with cheddar. Cover; cook 5 min. or until cheddar is melted.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:3.28, Inflammation Score:-10, Nutrition Score:22.432174034741%

Nutrients (% of daily need)

Calories: 363.79kcal (18.19%), Fat: 17.53g (26.96%), Saturated Fat: 8.19g (51.2%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 16.46g (5.99%), Sugar: 6.97g (7.74%), Cholesterol: 80.1mg (26.7%), Sodium: 1240.9mg (53.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.14g (64.29%), Vitamin A: 4498.83IU (89.98%), Phosphorus: 821.59mg (82.16%), Calcium: 425.5mg (42.55%), Zinc: 5.98mg (39.84%), Vitamin B2: 0.6mg (35.23%), Vitamin B12: 1.79µg (29.89%), Vitamin B3: 5.14mg (25.71%), Selenium: 16.52µg (23.6%), Vitamin B6: 0.39mg (19.55%), Potassium: 647.29mg (18.49%), Iron: 2.87mg (15.96%), Vitamin K: 15.42µg (14.69%), Fiber: 3.11g (12.45%), Manganese: 0.22mg (11.09%), Magnesium: 39.96mg (9.99%), Vitamin C: 8mg (9.7%), Vitamin B1: 0.13mg (8.67%), Folate: 28.4µg (7.1%), Copper: 0.14mg (7.01%), Vitamin B5: 0.65mg (6.49%), Vitamin E: 0.74mg (4.91%)