



Beefaroni

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 30 ounce tomato sauce canned
- ☐ 16 ounce elbow macaroni uncooked
- ☐ 1 pound ground beef
- ☐ 8 servings salt and pepper to taste
- ☐ 2 cups cheddar cheese shredded

Equipment

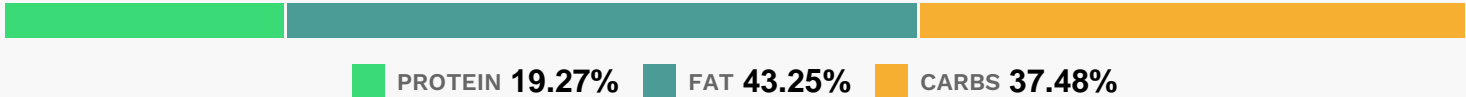
- ☐ frying pan

- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Crumble the ground beef into a large skillet over medium-high heat. Cook, stirring frequently, until evenly browned.
- ☐ Drain.
- ☐ While the ground beef is cooking, bring a large pot of lightly salted water to a boil.
- ☐ Add macaroni, and cook until tender, about 8 minutes.
- ☐ Drain, and stir in butter.
- ☐ Transfer to a large casserole dish, and mix in the ground beef, tomato sauce, and Cheddar cheese.
- ☐ Sprinkle a little salt and pepper over the top.
- ☐ Bake uncovered for 30 minutes in the preheated oven, or until heated through and bubbly.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:2.01, Inflammation Score:-7, Nutrition Score:18.7982609272%

Nutrients (% of daily need)

Calories: 520.24kcal (26.01%), Fat: 24.96g (38.4%), Saturated Fat: 11.77g (73.59%), Carbohydrates: 48.67g (16.22%), Net Carbohydrates: 45.26g (16.46%), Sugar: 5.39g (5.99%), Cholesterol: 76.03mg (25.34%), Sodium: 946.35mg (41.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.02g (50.03%), Selenium: 53.01µg (75.72%), Phosphorus: 355.67mg (35.57%), Manganese: 0.64mg (32.13%), Zinc: 4.44mg (29.63%), Vitamin B12: 1.52µg (25.31%), Calcium: 237.68mg (23.77%), Vitamin B3: 4.43mg (22.15%), Vitamin B6: 0.39mg (19.37%), Vitamin B2: 0.31mg (18.4%), Potassium: 617.9mg (17.65%), Vitamin A: 830.86IU (16.62%), Copper: 0.33mg (16.51%), Iron: 2.91mg (16.14%), Magnesium: 63.34mg (15.83%), Vitamin E: 2.12mg (14.13%), Fiber: 3.41g (13.64%), Vitamin B5: 0.98mg (9.78%), Vitamin C: 7.44mg (9.02%), Folate: 29.78µg (7.45%), Vitamin B1: 0.11mg (7.29%), Vitamin K: 4.98µg (4.74%), Vitamin D: 0.23µg (1.51%)