

Beefy Barbecue Macaroni

READY IN



15 min.

SERVINGS



4

CALORIES



786 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.8 cup barbecue sauce
- 1 tablespoon butter
- 1 Dash ground pepper
- 4 servings cheddar cheese
- 3.5 cups elbow macaroni cooked
- 3 garlic clove minced
- 0.8 pound ground beef
- 0.3 cup milk
- 0.5 cup onion chopped

- 0.3 teaspoon pepper
- 4 ounces sharp cheddar cheese shredded

Equipment

- frying pan
- sauce pan

Directions

- In a large skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain.
- Add the macaroni, barbecue sauce, pepper and cayenne.
- In a small saucepan, heat milk and butter over medium heat until butter is melted. Stir in cheese until melted.
- Pour over the macaroni mixture; gently toss to coat.
- Sprinkle with additional cheese if desired.

Nutrition Facts

PROTEIN 18.8% **FAT 48.11%** **CARBS 33.09%**

Properties

Glycemic Index:78.17, Glycemic Load:18.98, Inflammation Score:-7, Nutrition Score:22.199564954509%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 785.87kcal (39.29%), Fat: 41.69g (64.14%), Saturated Fat: 20.06g (125.4%), Carbohydrates: 64.53g (21.51%), Net Carbohydrates: 61.41g (22.33%), Sugar: 20.29g (22.55%), Cholesterol: 128.09mg (42.7%), Sodium: 1021.67mg (44.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.65g (73.3%), Selenium: 63.06µg (90.09%), Phosphorus: 509.15mg (50.91%), Calcium: 482.97mg (48.3%), Zinc: 6.54mg (43.6%), Vitamin B12: 2.53µg (42.11%), Manganese: 0.56mg (27.84%), Vitamin B2: 0.47mg (27.55%), Vitamin B6: 0.48mg (23.87%), Vitamin B3: 4.5mg (22.48%), Vitamin A: 828.64IU (16.57%), Magnesium: 63.95mg (15.99%), Iron: 2.79mg (15.52%), Potassium:

516.97mg (14.77%), Fiber: 3.11g (12.45%), Copper: 0.25mg (12.43%), Vitamin B5: 0.99mg (9.94%), Vitamin E: 1.39mg (9.28%), Folate: 31.87µg (7.97%), Vitamin B1: 0.11mg (7.53%), Vitamin K: 4.53µg (4.31%), Vitamin D: 0.6µg (4.02%), Vitamin C: 2.52mg (3.06%)