



## Beer and Bacon Burger Skillet

READY IN



30 min.

SERVINGS



6

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb ground beef 80% lean (at least )
- 1.5 cups milk
- 0.5 cup water hot
- 0.5 cup beer
- 1 box beef pasta skillet meal
- 4 oz cheddar cheese shredded
- 4 slices bacon crumbled cooked
- 2.8 oz bread canned
- 1 serving ground pepper chopped

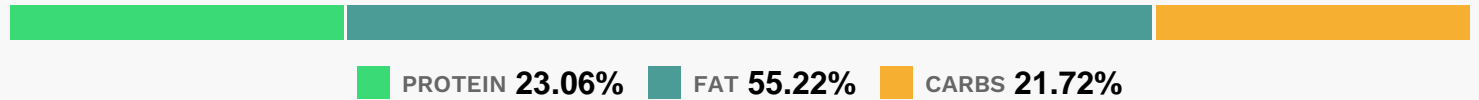
# Equipment

- frying pan

# Directions

- In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until brown; drain.
- Stir in milk, hot water, beer, uncooked pasta and sauce mix (from Hamburger Helper box).
- Heat to boiling, stirring occasionally.
- Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.
- Remove from heat; uncover.
- Top with 1/2 cup of the cheese, the bacon and onions.
- Sprinkle remaining 1/2 cup cheese on top. Cover; let stand 5 minutes (sauce will thicken as it stands).
- Sprinkle with pepper sauce.

# Nutrition Facts



# Properties

Glycemic Index:36.33, Glycemic Load:6.81, Inflammation Score:-4, Nutrition Score:17.803478253924%

# Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

# Nutrients (% of daily need)

Calories: 561.58kcal (28.08%), Fat: 33.71g (51.87%), Saturated Fat: 14.19g (88.66%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 28.65g (10.42%), Sugar: 5.27g (5.85%), Cholesterol: 112.01mg (37.34%), Sodium: 1052mg (45.74%), Alcohol: 0.77g (100%), Alcohol %: 0.35% (100%), Protein: 31.68g (63.36%), Vitamin B12: 3.02µg (50.31%), Selenium: 30.15µg (43.07%), Zinc: 6mg (39.98%), Vitamin B3: 7.49mg (37.47%), Phosphorus: 365.65mg (36.57%), Vitamin B2: 0.5mg (29.14%), Vitamin B1: 0.4mg (26.42%), Calcium: 238.4mg (23.84%), Vitamin B6: 0.48mg (23.82%), Iron: 3.41mg (18.96%), Potassium: 515.09mg (14.72%), Magnesium: 39.47mg (9.87%), Vitamin B5: 0.99mg

(9.87%), Vitamin A: 428.87IU (8.58%), Folate: 29.71µg (7.43%), Vitamin D: 0.92µg (6.13%), Copper: 0.11mg (5.36%),  
Vitamin E: 0.79mg (5.25%), Fiber: 1.19g (4.77%), Manganese: 0.09mg (4.72%), Vitamin K: 3.04µg (2.89%)