



California Cheeseburger Skillet

READY IN



35 min.

SERVINGS



6

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices processed cheese food cut in half diagonally
- 1 box beef pasta skillet meal
- 1 cup croutons
- 1 lb ground beef 80% lean (at least)
- 2 cups milk
- 0.5 cup onion chopped
- 2 medium tomatoes sliced
- 1 cup water hot

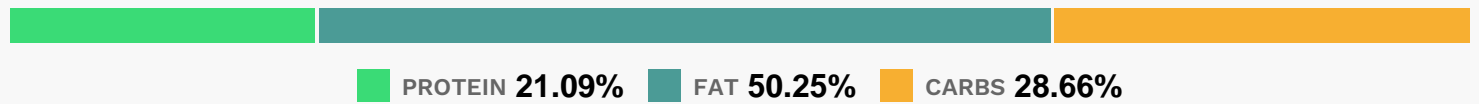
Equipment

- frying pan

Directions

- In 10-inch skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until beef is thoroughly cooked; drain.
- Stir in milk, hot water, and uncooked pasta and sauce mix (from Hamburger Helper box).
- Heat to boiling, stirring occasionally. Reduce heat; cover and simmer 10 minutes, stirring occasionally.
- Arrange tomato slices on top; sprinkle with croutons.
- Place 5 of the cheese halves around edge of skillet; place remaining cheese halves in center. Cover and cook 2 minutes.
- Remove from heat; let stand covered 5 minutes (cheese will continue to melt and sauce will thicken as it stands).

Nutrition Facts



Properties

Glycemic Index:33.67, Glycemic Load:4.74, Inflammation Score:-5, Nutrition Score:14.699565058169%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 415.2kcal (20.76%), Fat: 23g (35.39%), Saturated Fat: 9.93g (62.09%), Carbohydrates: 29.52g (9.84%), Net Carbohydrates: 27.73g (10.08%), Sugar: 7.5g (8.33%), Cholesterol: 77.44mg (25.81%), Sodium: 1013.08mg (44.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.72g (43.45%), Vitamin B12: 2.27µg (37.78%), Phosphorus: 310.79mg (31.08%), Calcium: 272.1mg (27.21%), Zinc: 3.98mg (26.55%), Vitamin B3: 5.12mg (25.61%), Selenium: 17.65µg (25.22%), Vitamin B2: 0.37mg (21.48%), Vitamin B1: 0.31mg (20.97%), Vitamin B6: 0.35mg (17.57%), Potassium: 516.18mg (14.75%), Iron: 2.48mg (13.79%), Vitamin A: 605.86IU (12.12%), Magnesium: 34.04mg

(8.51%), Vitamin B5: 0.81mg (8.14%), Vitamin C: 6.6mg (8%), Fiber: 1.78g (7.14%), Vitamin D: 1.05µg (7.03%), Folate: 21.7µg (5.42%), Manganese: 0.11mg (5.27%), Vitamin K: 5.26µg (5.01%), Copper: 0.1mg (4.86%), Vitamin E: 0.69mg (4.58%)