



Cheating Cheeseburger Macaroni

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce condensed cheddar cheese soup canned
- ☐ 10.8 ounce cream of chicken soup with herbs canned
- ☐ 10.8 ounce condensed cream of onion soup canned
- ☐ 1.5 pounds ground beef
- ☐ 0.3 cup onion chopped
- ☐ 8 ounce penne pasta dry
- ☐ 1 cup water

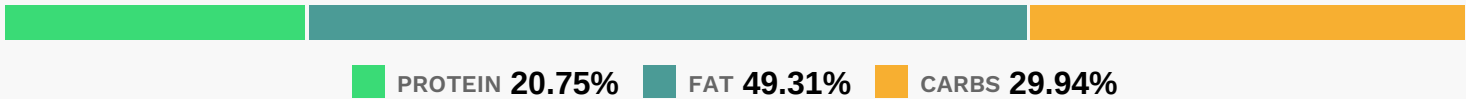
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add penne, and cook for 8 to 10 minutes, or until tender.
- ☐ Drain.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add ground beef and onion; cook, stirring to crumble the beef, until evenly browned.
- ☐ Drain off excess grease, and mix in the cream of onion soup, cream of chicken soup, and Cheddar cheese soup, along with the water and sour cream. Simmer over medium heat for a few minutes. Stir in the cooked pasta, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:9.79, Inflammation Score:-3, Nutrition Score:11.812608742196%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 402.06kcal (20.1%), Fat: 21.63g (33.28%), Saturated Fat: 8.17g (51.06%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 27.95g (10.17%), Sugar: 3g (3.33%), Cholesterol: 66.48mg (22.16%), Sodium: 723.97mg (31.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.96%), Selenium: 31.42µg (44.89%), Vitamin B12: 1.82µg (30.33%), Zinc: 4.08mg (27.18%), Vitamin B3: 4.23mg (21.16%), Phosphorus: 201.22mg (20.12%), Potassium: 660.15mg (18.86%), Vitamin B6: 0.32mg (16.05%), Manganese: 0.3mg (15.04%), Iron: 2.43mg (13.52%), Vitamin B2: 0.16mg (9.52%), Copper: 0.19mg (9.46%), Magnesium: 31.8mg (7.95%), Fiber: 1.6g (6.41%), Vitamin B5: 0.63mg (6.28%), Calcium: 46.92mg (4.69%), Vitamin B1: 0.07mg (4.62%), Vitamin A: 222.95IU (4.46%), Vitamin E: 0.59mg (3.91%), Folate: 12.77µg (3.19%), Vitamin K: 3.14µg (2.99%)