



Cheddar Macaroni Ground Beef Casserole

READY IN



30 min.

SERVINGS



30

CALORIES



56 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz canned tomatoes italian-style undrained canned
- 1 lb ground beef lean
- 7.3 oz macaroni & cheese dinner kraft
- 0.5 tsp oregano leaves dried
- 0.5 cup cheddar cheese shredded kraft

Equipment

- frying pan
- oven

baking pan

Directions

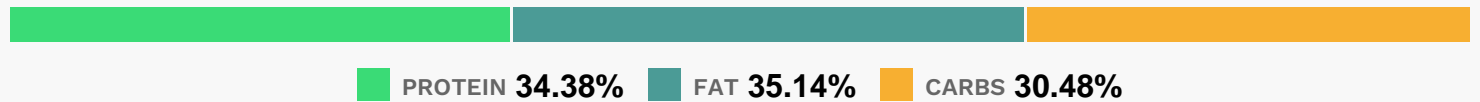
Heat oven to 400F.

Brown meat in large nonstick skillet; drain. Stir in tomatoes and oregano; cook 5 min. or until heated through, stirring occasionally. Meanwhile, prepare Dinner as directed on package, omitting the butter.

Add prepared Dinner to meat mixture; mix well. Spoon into 9-inch square baking dish; top with cheddar.

Bake 10 min. or until cheddar is melted and casserole is heated through.

Nutrition Facts



Properties

Glycemic Index:4.47, Glycemic Load:2.33, Inflammation Score:-1, Nutrition Score:2.6782608420953%

Nutrients (% of daily need)

Calories: 55.59kcal (2.78%), Fat: 2.17g (3.33%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.96g (1.44%), Sugar: 0.59g (0.66%), Cholesterol: 11.26mg (3.75%), Sodium: 92.25mg (4.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Phosphorus: 69.63mg (6.96%), Zinc: 0.96mg (6.43%), Vitamin B12: 0.36µg (5.98%), Vitamin B3: 0.99mg (4.97%), Selenium: 3.24µg (4.64%), Vitamin B6: 0.08mg (4.04%), Iron: 0.69mg (3.82%), Potassium: 106.4mg (3.04%), Manganese: 0.06mg (2.98%), Calcium: 29.59mg (2.96%), Vitamin B2: 0.04mg (2.33%), Magnesium: 8.89mg (2.22%), Copper: 0.04mg (1.83%), Vitamin E: 0.23mg (1.52%), Vitamin C: 1.22mg (1.48%), Vitamin B5: 0.14mg (1.42%), Vitamin B1: 0.02mg (1.11%), Fiber: 0.26g (1.06%)