



Cheeseburger Mac Attack

READY IN

ready

365 min.

SERVINGS

servings

8

CALORIES

calories

502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups elbow macaroni with at least 2g fiber per 2-ounce serving uncooked
- ☐ 10 ounces pd of ground turkey raw lean
- ☐ 2 tablespoons catsup
- ☐ 6 cups cauliflower and cheese sauce green frozen such as giant low-fat
- ☐ 0.5 cup onion finely chopped
- ☐ 8 servings salt and pepper black
- ☐ 2 scallions thinly sliced
- ☐ 3 wedges spreadable swiss cheese light such as the laughing cow

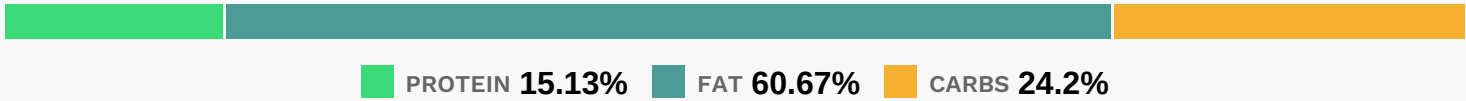
Equipment

- ☐ bowl
- ☐ pot
- ☐ slow cooker

Directions

- ☐ In a large pot, prepare pasta very al dente, cooking for about half of the time indicated on the package.
- ☐ Drain well and set aside.
- ☐ In a bowl, combine turkey, ketchup, and onion.
- ☐ Mix well.
- ☐ Add frozen cauliflower and cheese sauce and gently mix.
- ☐ Transfer mixture to a slow cooker.
- ☐ Add cooked pasta to the slow cooker and gently stir. Cover and cook on high for 3 to 4 hours or on low for 7 to 8 hours, until the turkey is fully cooked.
- ☐ Add cheese wedges and scallions, and stir until evenly distributed.
- ☐ If you like, season with salt and pepper, to taste. Dig in!

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:8.8530435691709%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 502.43kcal (25.12%), Fat: 34.78g (53.51%), Saturated Fat: 8.5g (53.1%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 30.25g (11%), Sugar: 8.97g (9.97%), Cholesterol: 41.39mg (13.8%), Sodium: 1716.65mg (74.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.52g (39.04%), Selenium: 23.67µg (33.81%), Vitamin A: 1062.2IU (21.24%), Vitamin B3: 3.9mg (19.48%), Calcium: 194.23mg (19.42%), Vitamin B6: 0.36mg (17.95%), Phosphorus: 163.36mg (16.34%), Manganese: 0.22mg (11.25%), Zinc: 1.25mg (8.31%), Magnesium: 26.07mg (6.52%), Vitamin B12: 0.37µg (6.22%), Vitamin K: 6.47µg (6.17%), Potassium: 191.3mg (5.47%), Copper: 0.1mg (4.82%), Vitamin B2: 0.08mg (4.76%), Vitamin B5: 0.45mg (4.5%), Fiber: 0.96g (3.84%), Iron: 0.65mg (3.59%), Vitamin B1: 0.05mg (3.27%), Folate: 11.5µg (2.88%), Vitamin C: 1.46mg (1.77%), Vitamin E: 0.16mg (1.07%)