



Cheeseburger Macaroni and Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



1337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces processed cheese food grated
- 4 servings pepper black freshly ground
- 14 ounce canned tomatoes canned (see note above)
- 1 tablespoon canola oil
- 8 ounces cheddar cheese grated
- 2 teaspoons cornstarch
- 2 eggs
- 1 pound elbow macaroni dry
- 12 ounce evaporated milk canned

- 1 pound ground beef
- 4 servings kosher salt
- 4 spring onion finely sliced
- 3 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Combine cornstarch, evaporated milk, and eggs in a small bowl and whisk until homogenous. Set aside.
- Bring a large pot of salted water to a boil. Meanwhile, heat oil in a large skillet over high heat until shimmering.
- Add beef and cook, breaking it up, until no longer pink, about 8 minutes.
- Add scallion whites and cook, stirring, until softened, about 1 minute.
- Add Ro*Tel tomaotes, stir to combine, season to taste with salt and pepper, and set aside.
- Cook pasta in a large stock pot in salted water according to package directions.
- Drain, reserving 1 cup pasta cooking water. Return to stock pot and add cooking water, butter, evaporated milk mixture, and both cheeses. Cook over low heat, stirring constantly, until cheese is melted and pasta is creamy and smooth. Stir in beef mixture.
- Transfer to a serving bowl, top with scallion greens, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:2.88, Inflammation Score:-9, Nutrition Score:42.910434432652%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 1337.4kcal (66.87%), Fat: 73.52g (113.11%), Saturated Fat: 35.31g (220.69%), Carbohydrates: 104.9g (34.97%), Net Carbohydrates: 99.04g (36.01%), Sugar: 17.13g (19.03%), Cholesterol: 294.64mg (98.21%), Sodium: 1376.65mg (59.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.12g (126.24%), Selenium: 119.97µg (171.38%), Phosphorus: 1090.1mg (109.01%), Calcium: 1021.12mg (102.11%), Zinc: 10.39mg (69.27%), Manganese: 1.29mg (64.74%), Vitamin B12: 3.8µg (63.38%), Vitamin B2: 0.99mg (58.03%), Vitamin B3: 8.23mg (41.17%), Vitamin B6: 0.82mg (40.92%), Magnesium: 147.77mg (36.94%), Vitamin K: 38.32µg (36.5%), Potassium: 1255.95mg (35.88%), Vitamin A: 1754.01IU (35.08%), Iron: 5.98mg (33.2%), Copper: 0.65mg (32.66%), Vitamin B5: 2.58mg (25.84%), Vitamin E: 3.77mg (25.15%), Fiber: 5.86g (23.44%), Folate: 80.58µg (20.14%), Vitamin B1: 0.3mg (20.13%), Vitamin C: 13mg (15.76%), Vitamin D: 1.31µg (8.71%)