



## Cheeseburger Noodle Casserole

READY IN



65 min.

SERVINGS



4

CALORIES



791 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14.5 ounce canned tomatoes diced peeled canned
- 0.5 teaspoon basil dried
- 1 packet onion soup mix dry
- 0.3 teaspoon garlic powder
- 1 pound ground beef
- 4 servings salt and pepper to taste
- 1 cup cheddar cheese shredded
- 1 cup heavy whipping cream sour
- 8 ounces pasta like spaghetti

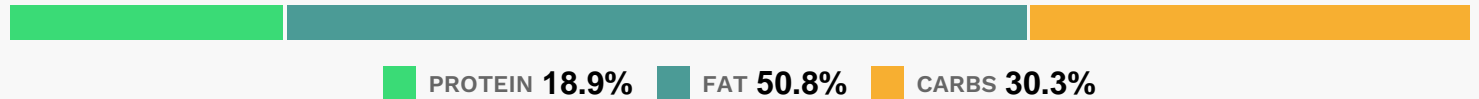
# Equipment

- frying pan
- oven

# Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet over medium high heat, saute the ground beef for 5 minutes, or until browned; drain excess fat.
- Prepare the spaghetti according to package directions; drain water.
- In a 2 quart casserole, combine the browned beef, cooked spaghetti, tomatoes, onion soup mix, sour cream, basil, garlic powder and salt and pepper to taste.
- Mix together well.
- Cover dish and bake in preheated oven for 15 minutes. Top with the cheese and bake, uncovered, for 15 more minutes.

# Nutrition Facts



# Properties

Glycemic Index:28, Glycemic Load:19.32, Inflammation Score:-7, Nutrition Score:27.315652375636%

# Nutrients (% of daily need)

Calories: 790.59kcal (39.53%), Fat: 44.62g (68.65%), Saturated Fat: 20.14g (125.89%), Carbohydrates: 59.88g (19.96%), Net Carbohydrates: 55.39g (20.14%), Sugar: 8.56g (9.51%), Cholesterol: 142.69mg (47.56%), Sodium: 1414.71mg (61.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.34g (74.68%), Selenium: 64.13µg (91.62%), Phosphorus: 514.52mg (51.45%), Zinc: 7.17mg (47.8%), Vitamin B12: 2.85µg (47.45%), Manganese: 0.81mg (40.48%), Vitamin B3: 7.24mg (36.18%), Vitamin B6: 0.71mg (35.35%), Calcium: 342.43mg (34.24%), Vitamin B2: 0.51mg (29.74%), Potassium: 905.01mg (25.86%), Iron: 4.61mg (25.6%), Copper: 0.48mg (23.99%), Magnesium: 90.3mg (22.57%), Fiber: 4.49g (17.96%), Vitamin A: 864.67IU (17.29%), Vitamin E: 2.27mg (15.13%), Vitamin B1: 0.23mg (15.02%), Vitamin B5: 1.5mg (14.97%), Vitamin C: 10.32mg (12.5%), Vitamin K: 11.37µg (10.83%), Folate: 41.36µg (10.34%), Vitamin D: 0.28µg (1.89%)