



WHATSheATE



Cheeseburger Pasta Toss

READY IN



20 min.

SERVINGS



5

CALORIES



764 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 oz soup noodles uncooked
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1 cup onion sliced chopped
- ☐ 16 oz sharp cheddar cheese
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 cup tomatoes chopped
- ☐ 2 oz cheddar cheese shredded

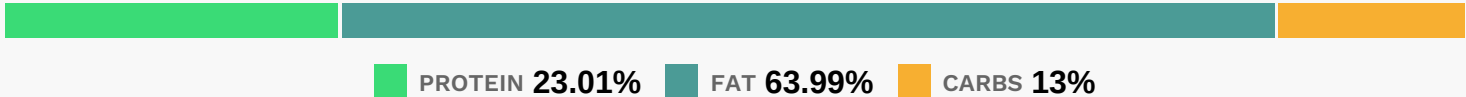
Equipment

☐ frying pan

Directions

- ☐ Cook and drain pasta as directed on package.
- ☐ Meanwhile, in 10-inch skillet, cook beef and onion over medium-high heat, stirring occasionally, until beef is thoroughly cooked; drain.
- ☐ Reduce heat to medium. Stir cheese spread, milk and garlic salt into beef; continue stirring until cheese is melted and mixture is well blended. Stir in pasta and tomato.
- ☐ Sprinkle with Cheddar cheese; cover 2 to 3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:39.8, Glycemic Load:8.88, Inflammation Score:-8, Nutrition Score:25.303478240967%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg, Quercetin: 6.67mg

Nutrients (% of daily need)

Calories: 763.77kcal (38.19%), Fat: 54.06g (83.17%), Saturated Fat: 27.09g (169.34%), Carbohydrates: 24.71g (8.24%), Net Carbohydrates: 23.09g (8.39%), Sugar: 4.26g (4.73%), Cholesterol: 169.4mg (56.47%), Sodium: 974.19mg (42.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.73g (87.46%), Selenium: 57.45µg (82.07%), Calcium: 783.14mg (78.31%), Phosphorus: 694.7mg (69.47%), Zinc: 8.06mg (53.75%), Vitamin B12: 3.15µg (52.58%), Vitamin B2: 0.65mg (38%), Vitamin A: 1311.03IU (26.22%), Vitamin B6: 0.47mg (23.64%), Vitamin B3: 4.51mg (22.57%), Magnesium: 64.41mg (16.1%), Manganese: 0.3mg (15.2%), Potassium: 528.09mg (15.09%), Iron: 2.37mg (13.15%), Vitamin B5: 1.13mg (11.32%), Folate: 42.41µg (10.6%), Copper: 0.19mg (9.25%), Vitamin E: 1.34mg (8.95%), Vitamin B1: 0.13mg (8.56%), Vitamin C: 6.45mg (7.82%), Fiber: 1.63g (6.51%), Vitamin D: 0.97µg (6.48%), Vitamin K: 6.66µg (6.34%)