



## Cheeseburger Skillet

 Vegetarian

READY IN



35 min.

SERVINGS



5

CALORIES



381 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12.8 oz velveeta cheesy skillet dinner kit ultimate cheeseburger mac
- 0.5 cup lettuce shredded
- 1 tomatoes halved sliced

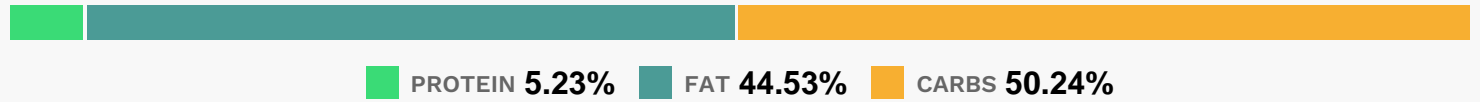
## Equipment

## Directions

- Prepare Dinner Kit as directed on package.

Top with tomatoes and lettuce.

## Nutrition Facts



### Properties

Glycemic Index:23, Glycemic Load:21.06, Inflammation Score:-3, Nutrition Score:5.1952173683954%

### Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

### Nutrients (% of daily need)

Calories: 381.37kcal (19.07%), Fat: 18.93g (29.12%), Saturated Fat: 13.07g (81.7%), Carbohydrates: 48.05g (16.02%), Net Carbohydrates: 46.95g (17.07%), Sugar: 36.13g (40.15%), Cholesterol: 7.98mg (2.66%), Sodium: 41.14mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.16mg (3.39%), Protein: 5.01g (10.01%), Phosphorus: 105.32mg (10.53%), Calcium: 94.47mg (9.45%), Vitamin B2: 0.16mg (9.35%), Copper: 0.18mg (8.8%), Magnesium: 30.06mg (7.52%), Vitamin K: 7.45µg (7.1%), Vitamin B12: 0.41µg (6.77%), Potassium: 236.1mg (6.75%), Vitamin B1: 0.1mg (6.46%), Vitamin A: 299.85IU (6%), Manganese: 0.11mg (5.48%), Selenium: 3.64µg (5.19%), Vitamin B5: 0.49mg (4.93%), Iron: 0.82mg (4.56%), Fiber: 1.1g (4.43%), Vitamin C: 3.57mg (4.33%), Folate: 15.94µg (3.98%), Vitamin E: 0.39mg (2.62%), Vitamin B3: 0.52mg (2.59%), Vitamin B6: 0.04mg (1.86%)