



Cheesy Cheeseburger Mac

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 green onions sliced
- 1 lb ground beef
- 0.8 cup milk
- 1 large tomatoes chopped
- 0.3 cup heinz tomato ketchup
- 12 oz velveeta shells & cheese dinner
- 1.3 cups water

Equipment

frying pan

Directions

Brown meat in large skillet; drain.

Add water, milk and ketchup; mix well. Bring to boil. Stir in Shell Macaroni; return to boil. Cover; simmer on medium-low heat 10 min. or until macaroni is tender.

Stir in Cheese Sauce, tomatoes and onions; cook until heated through, stirring occasionally.

Nutrition Facts


 **PROTEIN 28.82%**  **FAT 56.26%**  **CARBS 14.92%**

Properties

Glycemic Index:3.6, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:3.108260842769%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 71.28kcal (3.56%), Fat: 4.44g (6.83%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.55g (0.93%), Sugar: 2g (2.23%), Cholesterol: 16.23mg (5.41%), Sodium: 217.41mg (9.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.23%), Phosphorus: 148.62mg (14.86%), Calcium: 77.19mg (7.72%), Vitamin B2: 0.11mg (6.51%), Zinc: 0.96mg (6.39%), Vitamin B12: 0.36µg (5.94%), Vitamin A: 193.43IU (3.87%), Vitamin B3: 0.72mg (3.62%), Selenium: 2.41µg (3.44%), Potassium: 113.18mg (3.23%), Vitamin B6: 0.06mg (3.11%), Vitamin K: 2.51µg (2.39%), Iron: 0.35mg (1.93%), Vitamin C: 1.1mg (1.34%), Magnesium: 4.57mg (1.14%), Vitamin B5: 0.11mg (1.06%)