



## Cheesy Mac-Topped Casserole

READY IN



55 min.

SERVINGS



6

CALORIES



440 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 28 oz canned tomatoes diced undrained canned
- 1 lb extra-lean ground beef
- 3 cloves garlic minced
- 9 oz green beans frozen thawed drained
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 1 cup milk mild cheddar cheese shredded 2% kraft
- 1.5 tsp oregano leaves dried

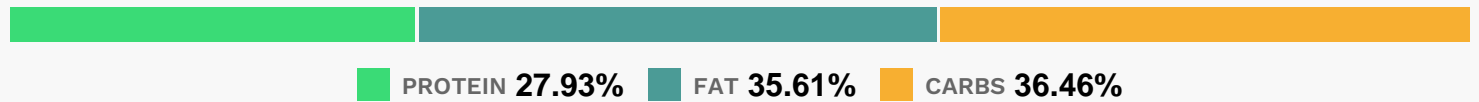
### Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 375F.
- Prepare Dinner as directed on package. Meanwhile, brown meat with garlic and oregano in large nonstick skillet; drain. Stir in tomatoes and beans.
- Spoon meat mixture into 13x9-inch baking dish; top with Dinner. Cover.
- Bake 30 min. or until heated through.
- Remove from oven. Top with cheese; let stand, covered, 5 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:28.67, Glycemic Load:20.86, Inflammation Score:-7, Nutrition Score:20.291739121727%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

## Nutrients (% of daily need)

Calories: 440.45kcal (22.02%), Fat: 17.53g (26.97%), Saturated Fat: 5.37g (33.56%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 37.69g (13.71%), Sugar: 4.63g (5.15%), Cholesterol: 65.7mg (21.9%), Sodium: 871.87mg (37.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.94g (61.88%), Phosphorus: 538.84mg (53.88%), Zinc: 5.72mg (38.11%), Vitamin B12: 1.89µg (31.55%), Calcium: 302.52mg (30.25%), Iron: 5.11mg (28.39%), Manganese: 0.56mg (28.08%), Selenium: 19.1µg (27.29%), Vitamin B3: 5.45mg (27.24%), Vitamin B6: 0.54mg (26.97%), Vitamin K: 25.62µg (24.4%), Vitamin C: 17.97mg (21.78%), Potassium: 756.52mg (21.61%), Vitamin B2: 0.33mg (19.16%), Magnesium: 70.98mg (17.75%), Vitamin A: 644.71IU (12.89%), Fiber: 2.69g (10.78%), Vitamin E: 1.51mg (10.07%), Copper: 0.19mg (9.62%), Vitamin B1: 0.13mg (8.98%), Folate: 33.46µg (8.37%), Vitamin B5: 0.83mg (8.28%), Vitamin D: 0.19µg (1.26%)