



Cheesy Macaroni-Beef Skillet

READY IN



30 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 oz canned tomatoes diced italian-style undrained canned
- 1 lb ground beef lean
- 7.3 oz macaroni & cheese dinner kraft
- 1 cup cheddar cheese shredded kraft
- 1.5 cups water

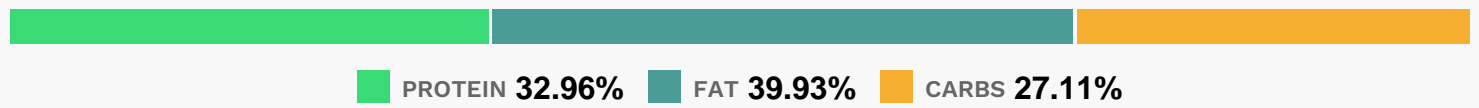
Equipment

- frying pan

Directions

- Brown meat in large skillet; drain.
- Stir in tomatoes and water; cover. Bring to boil. Stir in Macaroni and the Cheese Sauce
- Mix; simmer, covered, on medium–low heat 10 min. Stir.
- Top with shredded cheese.
- Remove from heat.
- Let stand, covered, 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:11.76, Inflammation Score:-4, Nutrition Score:14.576086904692%

Nutrients (% of daily need)

Calories: 316.75kcal (15.84%), Fat: 14.03g (21.58%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 20.14g (7.32%), Sugar: 3.08g (3.42%), Cholesterol: 65.7mg (21.9%), Sodium: 528.86mg (22.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.06g (52.12%), Phosphorus: 391.81mg (39.18%), Zinc: 5.18mg (34.5%), Vitamin B12: 1.89µg (31.55%), Selenium: 18.9µg (26.99%), Vitamin B3: 5mg (25%), Calcium: 214.69mg (21.47%), Vitamin B6: 0.41mg (20.61%), Iron: 3.43mg (19.05%), Potassium: 544.3mg (15.55%), Manganese: 0.3mg (14.79%), Vitamin B2: 0.24mg (14.14%), Magnesium: 47.66mg (11.91%), Copper: 0.2mg (9.96%), Vitamin E: 1.21mg (8.06%), Vitamin C: 6.3mg (7.64%), Vitamin B5: 0.75mg (7.54%), Vitamin A: 336.01IU (6.72%), Vitamin B1: 0.09mg (5.86%), Fiber: 1.3g (5.21%), Folate: 16.64µg (4.16%), Vitamin K: 4.31µg (4.1%), Vitamin D: 0.19µg (1.26%)