



Cowboy Macaroni

READY IN



50 min.

SERVINGS



6

CALORIES



395 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10 ounce tomato sauce canned
- 1 pound extra-lean ground beef
- 14 ounce deluxe four-cheese macaroni and cheese dinner
- 1 small onion chopped
- 3 tablespoons parmesan cheese grated
- 6 ounce tomato paste canned
- 10 ounce kernel corn whole canned

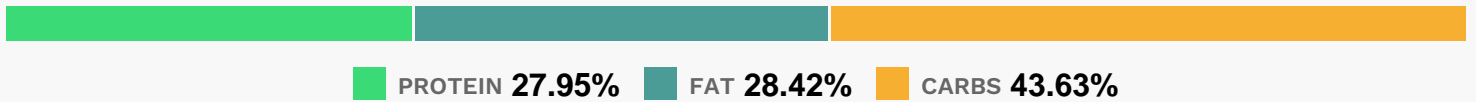
Equipment

- frying pan
- oven
- casserole dish

Directions

- Preheat the oven to 450 degrees F (220 degrees C). Prepare the macaroni and cheese according to the directions on the package.
- Brown the ground beef and onion in a skillet over medium heat until the meat is no longer pink.
- Drain excess grease.
- In a 2 quart casserole dish, combine the macaroni and cheese, ground beef, onion, tomato paste, tomato sauce, and corn with its liquid.
- Mix well.
- Bake for 20 to 25 minutes in the preheated oven, or until heated through. Top with grated Parmesan cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:21.39, Inflammation Score:-5, Nutrition Score:15.002608820148%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 395.08kcal (19.75%), Fat: 12.45g (19.15%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 41.55g (15.11%), Sugar: 3.43g (3.81%), Cholesterol: 49.05mg (16.35%), Sodium: 939.21mg (40.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.07%), Phosphorus: 468.76mg (46.88%), Zinc: 5.15mg (34.33%), Vitamin B12: 1.73µg (28.79%), Vitamin B3: 5.35mg (26.76%), Manganese: 0.46mg (23.23%), Iron: 4.13mg (22.95%), Selenium: 14.54µg (20.77%), Vitamin B6: 0.4mg (20.06%), Potassium: 691.72mg (19.76%), Magnesium: 59.12mg (14.78%), Calcium: 144.7mg (14.47%), Vitamin B2: 0.19mg (10.94%), Copper: 0.18mg (9.23%),

Vitamin C: 7.58mg (9.19%), Vitamin E: 1.26mg (8.41%), Vitamin B5: 0.73mg (7.33%), Folate: 27.79µg (6.95%), Fiber: 1.45g (5.78%), Vitamin A: 287.4IU (5.75%), Vitamin B1: 0.08mg (5.12%), Vitamin K: 3.14µg (2.99%)