

Creamy Ground Beef & Macaroni

READY IN



30 min.

SERVINGS



30

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups elbow macaroni uncooked
- 1 lb ground beef
- 0.5 cup miracle whip dressing
- 1 cup cheddar cheese shredded kraft
- 24 oz spaghetti sauce

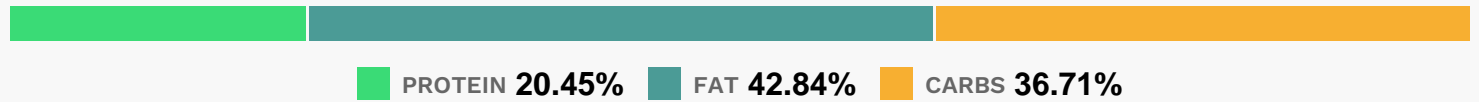
Equipment

- frying pan

Directions

- Cook macaroni as directed on package, omitting salt. Meanwhile, brown meat in large skillet on medium heat.
- Drain macaroni and meat. Return meat to skillet.
- Add macaroni and dressing; mix well. Cook on medium heat 5 to 10 min. or until heated through, stirring frequently.
- Remove from heat. Top with cheese; cover.
- Let stand 2 min.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:3.667826095353%

Nutrients (% of daily need)

Calories: 97.41kcal (4.87%), Fat: 4.63g (7.12%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 8.2g (2.98%), Sugar: 1.51g (1.67%), Cholesterol: 14.88mg (4.96%), Sodium: 176.32mg (7.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Selenium: 9.37µg (13.38%), Phosphorus: 65.12mg (6.51%), Zinc: 0.95mg (6.34%), Vitamin B12: 0.36µg (6.06%), Manganese: 0.11mg (5.59%), Vitamin B3: 1.02mg (5.12%), Vitamin B6: 0.09mg (4.35%), Potassium: 133.98mg (3.83%), Iron: 0.64mg (3.58%), Vitamin B2: 0.06mg (3.49%), Calcium: 34.74mg (3.47%), Copper: 0.06mg (3.18%), Magnesium: 11.94mg (2.98%), Fiber: 0.72g (2.88%), Vitamin E: 0.43mg (2.85%), Vitamin A: 138.88IU (2.78%), Vitamin B5: 0.2mg (2.02%), Vitamin C: 1.59mg (1.92%), Vitamin B1: 0.02mg (1.43%), Folate: 5.57µg (1.39%)