



Creole Macaroni

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned
- ☐ 1 cup elbow macaroni cooked
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 pound ground round
- ☐ 0.5 teaspoon penzey's southwest seasoning dried italian
- ☐ 1 cup mushrooms sliced
- ☐ 1 cup onion chopped 1 medium

- ☐ 3 ounces sharp cheddar cheese shredded divided reduced-fat
- ☐ 1 tablespoon sugar

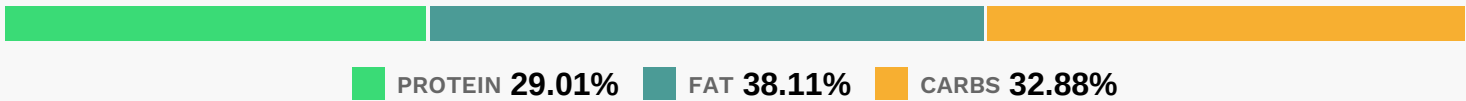
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 35
- ☐ Cook ground beef, onion, and mushrooms in a large nonstick skillet over medium-high heat until browned, and stir to crumble.
- ☐ Drain.
- ☐ Combine beef mixture, macaroni, and next 6 ingredients (macaroni through soup) in a 2-quart casserole dish coated with cooking spray. Stir in 1/2 cup cheese; sprinkle 1/4 cup cheese over top.
- ☐ Bake at 350 for 30 minutes or until bubbly.
- ☐ Note: This dish reheats well. Store it in the refrigerator for up to 3 days or in the freezer for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:79.31, Glycemic Load:14.34, Inflammation Score:-7, Nutrition Score:25.021304446718%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg, Quercetin: 8.23mg

Nutrients (% of daily need)

Calories: 458.61kcal (22.93%), Fat: 19.66g (30.25%), Saturated Fat: 8.91g (55.68%), Carbohydrates: 38.17g (12.72%), Net Carbohydrates: 33.69g (12.25%), Sugar: 16.23g (18.04%), Cholesterol: 94.97mg (31.66%), Sodium: 785.39mg (34.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.68g (67.36%), Selenium: 39.45µg (56.36%), Zinc: 7.01mg (46.71%), Vitamin B12: 2.74µg (45.68%), Vitamin B3: 8.74mg (43.69%), Phosphorus: 415.64mg (41.56%), Vitamin B6: 0.75mg (37.29%), Potassium: 1264.69mg (36.13%), Vitamin C: 22.75mg (27.58%), Iron: 4.85mg (26.92%), Vitamin B2: 0.45mg (26.58%), Manganese: 0.51mg (25.56%), Calcium: 225.81mg (22.58%), Copper: 0.45mg (22.27%), Magnesium: 72.99mg (18.25%), Fiber: 4.48g (17.91%), Vitamin B5: 1.5mg (15%), Vitamin A: 738.39IU (14.77%), Vitamin E: 2.14mg (14.3%), Vitamin B1: 0.21mg (13.89%), Vitamin K: 11.22µg (10.69%), Folate: 39.37µg (9.84%), Vitamin D: 0.29µg (1.93%)