



Crunchy Cheeseburger Mac Bake

READY IN



30 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 box beef pasta skillet meal
- 1 lb ground beef 80% lean (at least)
- 2 cups milk
- 1.5 cups water hot
- 4 oz mozzarella cheese shredded
- 1 cup panko bread crumbs plain crispy
- 2 tablespoons butter melted

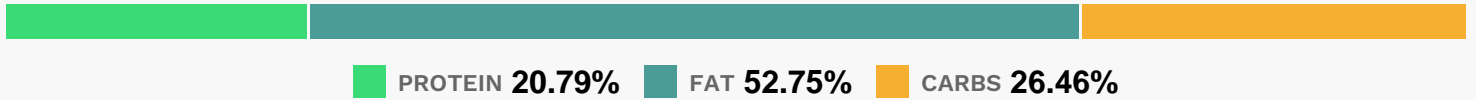
Equipment

- bowl
- oven
- baking pan
- glass baking pan

Directions

- Set oven control to broil. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- Make Hamburger Helper mix as directed on box, using ground beef, milk and hot water.
- Stir in mozzarella cheese.
- Transfer mixture to baking dish. In small bowl, mix bread crumbs and melted butter.
- Sprinkle on top of mixture in baking dish.
- Broil with top about 4 inches from heat 2 to 4 minutes or until bread crumbs are golden brown and filling is bubbly. Cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:28.75, Glycemic Load:2.33, Inflammation Score:-5, Nutrition Score:20.863043515579%

Nutrients (% of daily need)

Calories: 689.78kcal (34.49%), Fat: 40g (61.54%), Saturated Fat: 18.48g (115.48%), Carbohydrates: 45.15g (15.05%), Net Carbohydrates: 43.26g (15.73%), Sugar: 9.53g (10.59%), Cholesterol: 132.6mg (44.2%), Sodium: 1446.52mg (62.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.95%), Vitamin B12: 3.8µg (63.27%), Phosphorus: 429.18mg (42.92%), Zinc: 6.3mg (42%), Selenium: 28µg (40%), Vitamin B3: 7.9mg (39.49%), Vitamin B1: 0.54mg (36.27%), Vitamin B2: 0.6mg (35.53%), Calcium: 345.43mg (34.54%), Vitamin B6: 0.47mg (23.48%), Iron: 3.93mg (21.82%), Potassium: 614.93mg (17.57%), Magnesium: 47.06mg (11.77%), Vitamin B5: 1.15mg (11.55%), Vitamin A: 564.21IU (11.28%), Vitamin D: 1.57µg (10.46%), Manganese: 0.16mg (8.13%), Fiber: 1.89g (7.57%), Folate: 26.18µg (6.55%), Copper: 0.13mg (6.3%), Vitamin E: 0.75mg (5.03%), Vitamin K: 4.54µg (4.32%)