



Deluxe Macaroni Dinner

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



333 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups broccoli fresh chopped
- 2 garlic clove minced
- 0.5 pound ground beef
- 14 ounces deluxe four-cheese macaroni and cheese dinner
- 1 small onion chopped
- 10 cups water

Equipment

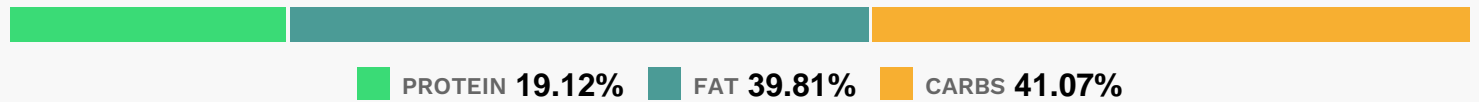
- frying pan

sauce pan

Directions

- In a large skillet, cook beef and onion until meat is no longer pink.
- Add garlic; cook 1 minute longer.
- Drain.
- In a large saucepan, bring water to a boil.
- Add macaroni; cook for 5 minutes.
- Add broccoli; cook 4-5 minutes longer or until macaroni and broccoli are tender.
- Drain, reserving 1/4 cup cooking liquid.
- Place contents of cheese sauce mix in saucepan. Stir in the macaroni mixture, beef mixture and reserved liquid; heat through.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:20.47, Inflammation Score:-4, Nutrition Score:11.165652119595%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 333.08kcal (16.65%), Fat: 14.74g (22.68%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 34.23g (11.41%), Net Carbohydrates: 33.25g (12.09%), Sugar: 1g (1.11%), Cholesterol: 26.84mg (8.95%), Sodium: 562.06mg (24.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.93g (31.86%), Phosphorus: 342.64mg (34.26%), Vitamin C: 27.34mg (33.14%), Vitamin K: 30.66µg (29.2%), Manganese: 0.41mg (20.4%), Zinc: 2.63mg (17.54%), Vitamin B12: 0.81µg (13.48%), Calcium: 132.83mg (13.28%), Iron: 2.36mg (13.1%), Magnesium: 40.44mg (10.11%), Vitamin B6: 0.2mg (9.99%), Potassium: 346.11mg (9.89%), Selenium: 6.6µg (9.43%), Vitamin B3: 1.81mg (9.03%), Folate: 23.37µg (5.84%), Vitamin B2: 0.09mg (5.56%), Copper: 0.11mg (5.4%), Fiber: 0.98g (3.93%), Vitamin B5: 0.38mg (3.78%), Vitamin A: 183.07IU (3.66%), Vitamin B1: 0.04mg (2.96%), Vitamin E: 0.39mg (2.58%)