



Fried Egg Cheeseburger Skillet

READY IN



20 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 box beef pasta skillet meal
- 4 eggs
- 1 lb ground beef 80% lean (at least)
- 2 cups milk
- 4 servings salt and pepper
- 1 cup water hot

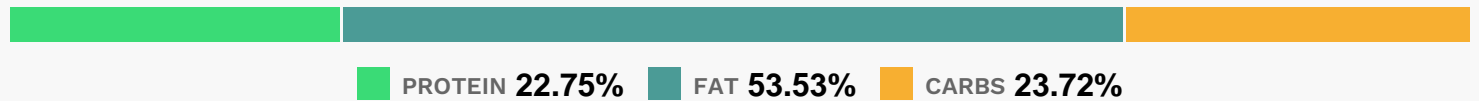
Equipment

frying pan

Directions

- In 10-inch skillet, cook beef over medium-high heat, stirring frequently, until brown; drain.
- Stir in sauce mix (from Hamburger Helper box) and hot water until dissolved. Stir in milk and uncooked pasta (from Hamburger Helper box).
- Heat to boiling, stirring occasionally.
- Reduce heat. Cover; simmer about 12 minutes, stirring occasionally, until pasta is tender.
- Meanwhile, in 10-inch nonstick skillet, melt butter over medium-high heat. Crack eggs into skillet. Cook 2 minutes; turn, and cook about 2 minutes longer or until whites are set.
- Sprinkle with salt and pepper.
- Top pasta mixture with eggs, and serve.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.16, Inflammation Score:-4, Nutrition Score:19.602173701981%

Nutrients (% of daily need)

Calories: 583.38kcal (29.17%), Fat: 34.19g (52.61%), Saturated Fat: 12.93g (80.82%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 32.86g (11.95%), Sugar: 8.47g (9.41%), Cholesterol: 258.83mg (86.28%), Sodium: 1401.76mg (60.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.7g (65.4%), Vitamin B12: 3.48µg (58.01%), Selenium: 32.84µg (46.91%), Phosphorus: 390.31mg (39.03%), Vitamin B2: 0.66mg (39.02%), Zinc: 5.81mg (38.76%), Vitamin B3: 6.91mg (34.53%), Vitamin B1: 0.41mg (27.2%), Vitamin B6: 0.52mg (25.79%), Iron: 3.85mg (21.38%), Calcium: 198.06mg (19.81%), Potassium: 624.53mg (17.84%), Vitamin B5: 1.7mg (17.02%), Vitamin D: 2.34µg (15.57%), Vitamin A: 560.43IU (11.21%), Magnesium: 39.9mg (9.97%), Vitamin E: 1.1mg (7.31%), Folate: 28.65µg (7.16%), Copper: 0.11mg (5.58%), Fiber: 1.22g (4.87%), Vitamin K: 2.54µg (2.42%), Manganese: 0.03mg (1.45%)