



Hamburger Cheese Bake

READY IN



45 min.

SERVINGS



10

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce tomato sauce canned
- ☐ 8 ounce curd cottage cheese
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 teaspoon garlic minced
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 pound ground beef lean
- ☐ 0.5 cup onion chopped

- ☐ 0.3 cup parmesan cheese grated
- ☐ 16 ounce soup noodles
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 teaspoon sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ In a large pot cook with boiling salted water cook pasta until al dente.
- ☐ Drain.
- ☐ Meanwhile, in a large skillet over medium heat cook ground beef and chopped onions until brown. Stir in tomato sauce, sugar, salt, garlic, and pepper.
- ☐ Remove from heat.
- ☐ In a large bowl combine the cottage cheese, sour cream, softened cream cheese, green onion, and green bell pepper.
- ☐ To assemble, in a greased 11x7x1 1/2 inch baking dish spread half of the cooked and drained pasta. Top with half of the meat mixture. Cover with cheese mixture and remaining noodles and meat sauce.
- ☐ Sprinkle with grated Parmesan cheese.
- ☐ Bake in a preheat 350 degree F(175 degrees C) for 30 minutes.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



 **PROTEIN 22.87%**  **FAT 33.32%**  **CARBS 43.81%**

Properties

Glycemic Index:34.21, Glycemic Load:15.46, Inflammation Score:-6, Nutrition Score:14.66086949732%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 371.86kcal (18.59%), Fat: 13.71g (21.09%), Saturated Fat: 7.11g (44.45%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 38.1g (13.85%), Sugar: 5.42g (6.02%), Cholesterol: 60.45mg (20.15%), Sodium: 611.29mg (26.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.16g (42.33%), Selenium: 42.15µg (60.21%), Phosphorus: 273.08mg (27.31%), Manganese: 0.5mg (25.23%), Zinc: 3.41mg (22.76%), Vitamin B12: 1.21µg (20.15%), Vitamin B3: 3.81mg (19.07%), Vitamin B6: 0.34mg (16.9%), Vitamin B2: 0.24mg (14.33%), Potassium: 488.7mg (13.96%), Vitamin A: 642.24IU (12.84%), Iron: 2.25mg (12.51%), Copper: 0.24mg (12.05%), Magnesium: 48.2mg (12.05%), Vitamin C: 8.46mg (10.26%), Fiber: 2.45g (9.81%), Calcium: 93.89mg (9.39%), Vitamin B5: 0.93mg (9.28%), Vitamin K: 9.44µg (8.99%), Vitamin E: 1.12mg (7.45%), Vitamin B1: 0.09mg (6.13%), Folate: 23.93µg (5.98%)