



WHATSheATE



Homestyle Beef, Macaroni and Cheese

READY IN



40 min.

SERVINGS



4

CALORIES



800 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.3 ounce condensed tomato soup canned
- ☐ 2 cups elbow macaroni
- ☐ 1 pound ground beef
- ☐ 1.5 cups mozzarella cheese shredded
- ☐ 11.5 ounce sacramento tomato juice canned
- ☐ 10 ounce kernel corn whole drained canned

Equipment

- ☐ frying pan

☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a skillet over medium heat, brown the ground beef until no pink shows; drain excess fat. In the large pot, combine macaroni, beef, tomato soup, tomato juice and corn; heat through. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:25.38, Glycemic Load:5.66, Inflammation Score:-7, Nutrition Score:28.8899999923499%

Flavonoids

Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 800.21kcal (40.01%), Fat: 34.69g (53.36%), Saturated Fat: 14.69g (91.81%), Carbohydrates: 79.41g (26.47%), Net Carbohydrates: 74.83g (27.21%), Sugar: 11.87g (13.19%), Cholesterol: 113.69mg (37.9%), Sodium: 840.5mg (36.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.85g (83.7%), Selenium: 71.06µg (101.51%), Vitamin B12: 3.38µg (56.41%), Phosphorus: 537.81mg (53.78%), Zinc: 7.5mg (50.02%), Manganese: 0.95mg (47.75%), Vitamin B3: 8.2mg (41%), Potassium: 1223.49mg (34.96%), Vitamin B6: 0.67mg (33.3%), Calcium: 285.78mg (28.58%), Iron: 4.94mg (27.44%), Magnesium: 99.05mg (24.76%), Copper: 0.48mg (24.18%), Vitamin B2: 0.39mg (23.09%), Vitamin C: 18.07mg (21.91%), Fiber: 4.59g (18.35%), Vitamin B1: 0.23mg (15.11%), Vitamin A: 743.93IU (14.88%), Folate: 54.63µg (13.66%), Vitamin E: 1.89mg (12.58%), Vitamin B5: 1.16mg (11.57%), Vitamin K: 9.72µg (9.26%), Vitamin D: 0.28µg (1.88%)