



Hot Dog and Veggie Cheeseburger Skillet

READY IN



25 min.

SERVINGS



5

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 box beef pasta skillet meal
- 0.5 cup corn chips
- 12 oz corn frozen thawed
- 2 cups milk
- 0.5 lb mild sausage links to package directions and coin fully cooked
- 1 cup water hot

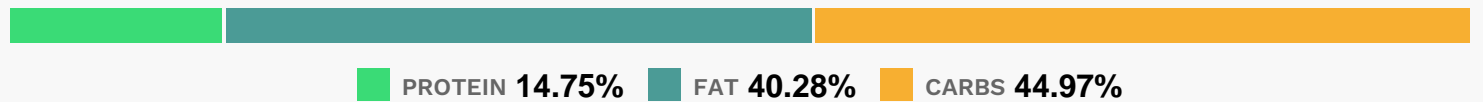
Equipment

- frying pan

Directions

- In 10-inch skillet, heat uncooked pasta and sauce mix (from Hamburger Helper box), franks, corn, milk and hot water over medium-high heat to boiling, stirring frequently.
- Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.
- Remove from heat; uncover and let stand 5 minutes (sauce will thicken as it stands). Top with corn chips just before serving.

Nutrition Facts



Properties

Glycemic Index:13.2, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:11.723913006161%

Nutrients (% of daily need)

Calories: 417.81kcal (20.89%), Fat: 19.11g (29.41%), Saturated Fat: 6.27g (39.17%), Carbohydrates: 48.01g (16%), Net Carbohydrates: 44.78g (16.28%), Sugar: 6.67g (7.41%), Cholesterol: 44.37mg (14.79%), Sodium: 1166.32mg (50.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.74g (31.49%), Vitamin B1: 0.47mg (31.47%), Vitamin B3: 5.01mg (25.07%), Phosphorus: 236.08mg (23.61%), Vitamin B2: 0.36mg (20.98%), Vitamin B6: 0.33mg (16.74%), Vitamin B12: 0.91µg (15.21%), Potassium: 530.1mg (15.15%), Calcium: 140.42mg (14.04%), Zinc: 1.98mg (13.19%), Fiber: 3.23g (12.92%), Magnesium: 46.64mg (11.66%), Vitamin D: 1.66µg (11.09%), Iron: 1.77mg (9.85%), Vitamin B5: 0.92mg (9.17%), Manganese: 0.15mg (7.59%), Folate: 28.37µg (7.09%), Vitamin C: 5.22mg (6.32%), Vitamin E: 0.77mg (5.14%), Selenium: 3.07µg (4.38%), Copper: 0.08mg (4.1%), Vitamin A: 194.85IU (3.9%)