



Johnny Marzetti

READY IN



45 min.

SERVINGS



4

CALORIES



1294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.3 oz corn drained canned
- 4 cups elbow macaroni
- 1.5 pounds ground beef
- 4 oz mushrooms drained sliced canned
- 1.3 oz suya seasoning mix
- 8 oz cheddar cheese shredded divided
- 1.3 cups water

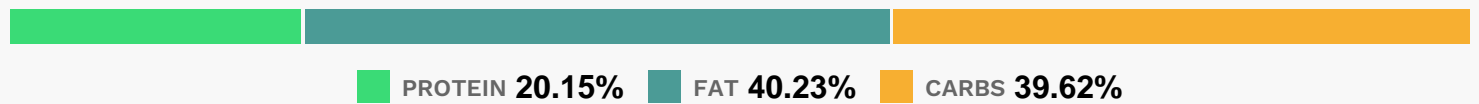
Equipment

- frying pan
- oven
- baking pan

Directions

- Brown ground beef in a skillet over medium-high heat; drain. Stir in seasoning mix, tomato paste and water; heat and stir until blended.
- Spoon into a lightly greased 13"x9" baking pan; stir in macaroni, corn, one cup cheese, and mushrooms, if desired.
- Bake, uncovered, at 350 for 45 minutes.
- Sprinkle with remaining cheese; return to oven until cheese melts.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:43.579130597737%

Nutrients (% of daily need)

Calories: 1293.6kcal (64.68%), Fat: 57.45g (88.39%), Saturated Fat: 24.72g (154.5%), Carbohydrates: 127.32g (42.44%), Net Carbohydrates: 118.61g (43.13%), Sugar: 4.87g (5.41%), Cholesterol: 177.47mg (59.16%), Sodium: 676.79mg (29.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 64.74g (129.48%), Selenium: 133.09µg (190.14%), Manganese: 1.84mg (92.18%), Phosphorus: 875.47mg (87.55%), Zinc: 11.87mg (79.15%), Vitamin B12: 4.25µg (70.87%), Calcium: 614.38mg (61.44%), Vitamin B3: 11.9mg (59.48%), Vitamin K: 62.28µg (59.32%), Iron: 9.01mg (50.04%), Vitamin B6: 0.91mg (45.69%), Vitamin B2: 0.76mg (45%), Magnesium: 158.67mg (39.67%), Copper: 0.72mg (36.07%), Fiber: 8.71g (34.84%), Potassium: 1147.63mg (32.79%), Folate: 107.18µg (26.8%), Vitamin B5: 2.2mg (22.01%), Vitamin E: 2.97mg (19.83%), Vitamin B1: 0.27mg (18.08%), Vitamin A: 726.05IU (14.52%), Vitamin D: 0.57µg (3.78%), Vitamin C: 2.65mg (3.21%)