



Layered Mac and Cheese with Ground Beef

READY IN



60 min.

SERVINGS



6

CALORIES



727 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup breadcrumbs soft (2 slices bread)
- ☐ 2 tablespoons butter
- ☐ 0.5 cup chicken broth (from 32-oz carton)
- ☐ 8 oz elbow macaroni uncooked
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 2 cups milk
- ☐ 0.1 teaspoon pepper
- ☐ 1 teaspoon salt

☐ 12 oz cheddar cheese shredded

Equipment

☐ frying pan

☐ sauce pan

☐ oven

Directions

☐ Heat oven to 350F. Spray 2-quart casserole with cooking spray. Cook and drain macaroni as directed on package.

☐ Meanwhile, in 10-inch skillet, cook beef, 1/2 teaspoon of the salt and the pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain if desired.

☐ In 2-quart saucepan, melt butter over medium heat. Stir in flour; cook 1 minute, stirring constantly, until bubbly. Stir in milk; cook 5 to 6 minutes, stirring constantly, until mixture thickens slightly. Stir in broth and remaining 1/2 teaspoon salt.

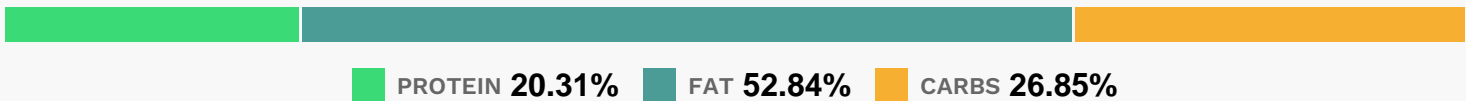
☐ Remove from heat; stir in cheese. Fold in macaroni.

☐ Spoon 1/3 of the macaroni mixture (about 1 1/3 cups) into casserole; top with half of the beef (about 1 1/2 cups).

☐ Layer with another 1/3 of the macaroni mixture, remaining beef and remaining macaroni mixture. Top with bread crumbs.

☐ Bake uncovered 25 to 30 minutes or until bread crumbs are golden brown.

Nutrition Facts



Properties

Glycemic Index:28.67, Glycemic Load:3.2, Inflammation Score:-7, Nutrition Score:23.667391456097%

Nutrients (% of daily need)

Calories: 727.42kcal (36.37%), Fat: 42.35g (65.15%), Saturated Fat: 19.31g (120.67%), Carbohydrates: 48.43g (16.14%), Net Carbohydrates: 46.33g (16.85%), Sugar: 6.32g (7.02%), Cholesterol: 120.53mg (40.18%), Sodium:

1090.7mg (47.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.62g (73.24%), Selenium: 58.28µg (83.26%), Phosphorus: 567.04mg (56.7%), Calcium: 558.37mg (55.84%), Vitamin B12: 2.73µg (45.49%), Zinc: 6.4mg (42.67%), Vitamin B2: 0.6mg (35.01%), Manganese: 0.56mg (28.04%), Vitamin B3: 5.34mg (26.7%), Vitamin B1: 0.33mg (21.79%), Vitamin B6: 0.41mg (20.5%), Vitamin A: 867.43IU (17.35%), Iron: 3.06mg (16.97%), Magnesium: 66.66mg (16.67%), Potassium: 498.14mg (14.23%), Vitamin B5: 1.2mg (11.97%), Folate: 47.89µg (11.97%), Copper: 0.23mg (11.41%), Vitamin D: 1.31µg (8.74%), Fiber: 2.1g (8.39%), Vitamin E: 0.99mg (6.58%), Vitamin K: 4.27µg (4.06%)