

# Lori's Beef and Spaghetti Macaroni

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 pound ground beef lean
- 4 ounces .5 oz. macaroni
- 0.5 cup mayonnaise
- 1 onion chopped
- 0.5 cup cheddar cheese shredded
- 28 ounce pasta sauce

## Equipment

- bowl

frying pan

pot

## Directions

In a medium pot with boiling salted water cook macaroni pasta until al dente.

Drain.

In a large skillet cook hamburger and onion until brown.

Drain grease.

Add mayonnaise and spaghetti sauce; mix well.

Add drained and cooked macaroni, cook on medium heat stirring occasionally until heated through.

Mix thoroughly.

To serve, pour mixture into a large serving bowl and top with shredded Cheddar cheese.

Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:18.63, Glycemic Load:2.07, Inflammation Score:-5, Nutrition Score:13.328695696333%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## Nutrients (% of daily need)

Calories: 283.59kcal (14.18%), Fat: 16.23g (24.97%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 15.21g (5.53%), Sugar: 4.6g (5.11%), Cholesterol: 48.1mg (16.03%), Sodium: 644.23mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Selenium: 21.81µg (31.16%), Vitamin K: 26.01µg (24.77%), Zinc: 3.61mg (24.05%), Vitamin B12: 1.36µg (22.7%), Vitamin B3: 4.36mg (21.79%), Phosphorus: 205.12mg (20.51%), Vitamin B6: 0.36mg (18.11%), Potassium: 550.79mg (15.74%), Iron: 2.56mg (14.2%), Vitamin E: 2.12mg (14.12%), Manganese: 0.26mg (13.06%), Vitamin B2: 0.2mg (11.87%), Copper: 0.21mg (10.45%), Vitamin A: 509.78IU (10.2%), Vitamin C: 7.96mg (9.65%), Magnesium: 38.29mg (9.57%), Fiber: 2.18g (8.7%), Vitamin B5: 0.8mg (8.02%),

Calcium: 76.19mg (7.62%), Folate: 19.11µg (4.78%), Vitamin B1: 0.07mg (4.64%)