



Mac and Cheese Burger Bowl

READY IN



35 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 6 cups water hot
- ☐ 1 box beef pasta skillet meal
- ☐ 2 cups broccoli frozen
- ☐ 1 cup carrots sliced
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.8 teaspoon salt
- ☐ 0.3 teaspoon pepper

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 serving cheddar cheese shredded

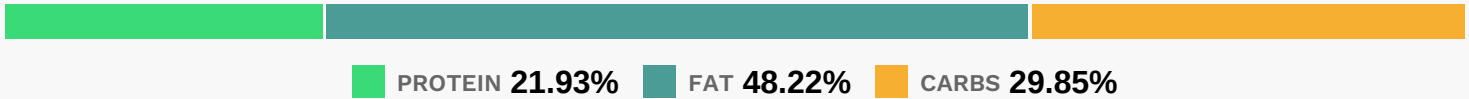
Equipment

- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, cook beef and onion over medium heat 5 to 7 mintues, stirring occasionally, until beef is thoroughly cooked; drain well.
- ☐ Stir in hot water, contents of uncooked pasta and sauce mix pouches (from Hamburger Helper box), broccoli, carrots, thyme, salt and pepper.
- ☐ Heat to boiling, stirring constantly.
- ☐ Reduce heat; cover and simmer 15 minutes, stirring occasionally, until pasta is tender. Stir in parsley.
- ☐ Garnish each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:30.23, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:13.649130479149%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg, Quercetin: 2.78mg

Nutrients (% of daily need)

Calories: 245.16kcal (12.26%), Fat: 13.06g (20.1%), Saturated Fat: 5.11g (31.93%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 16.32g (5.93%), Sugar: 2.8g (3.11%), Cholesterol: 44.01mg (14.67%), Sodium: 802.29mg (34.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.73%), Vitamin A: 2944.25IU (58.89%), Vitamin K: 42.2µg (40.2%), Vitamin C: 23.04mg (27.93%), Vitamin B12: 1.25µg (20.89%), Vitamin B3: 3.7mg (18.51%), Zinc:

2.69mg (17.92%), Selenium: 10.19µg (14.55%), Phosphorus: 130.72mg (13.07%), Vitamin B6: 0.26mg (13.01%), Vitamin B1: 0.19mg (12.92%), Vitamin B2: 0.2mg (11.93%), Iron: 1.89mg (10.49%), Potassium: 335.8mg (9.59%), Fiber: 1.88g (7.53%), Folate: 25.2µg (6.3%), Calcium: 62.77mg (6.28%), Magnesium: 20.98mg (5.24%), Manganese: 0.1mg (5.12%), Vitamin B5: 0.49mg (4.88%), Copper: 0.09mg (4.5%), Vitamin E: 0.55mg (3.65%)