



Mac & Cheese Skillet Lasagna

READY IN



30 min.

SERVINGS



30

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb ground beef
- 7.3 oz macaroni & cheese dinner kraft
- 0.3 cup butter
- 0.3 cup milk
- 0.5 cup classico family favorites pasta sauce traditional
- 0.5 cup mozzarella cheese shredded kraft
- 1.5 cups water

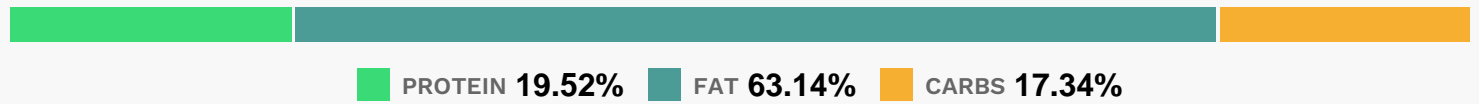
Equipment

frying pan

Directions

- Brown meat in large skillet on medium-high heat; drain.
- Add water and Macaroni; stir. Bring to boil; cover. Simmer on medium heat 7 to 8 min. or until macaroni is tender.
- Stir in Cheese Sauce
- Mix, milk, margarine and pasta sauce. Top with mozzarella cheese; cover. Cook on low heat 1 to 2 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:5.8, Glycemic Load:2.16, Inflammation Score:-1, Nutrition Score:2.0813043629346%

Nutrients (% of daily need)

Calories: 82.69kcal (4.13%), Fat: 5.77g (8.88%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.51g (1.27%), Sugar: 0.26g (0.29%), Cholesterol: 12.45mg (4.15%), Sodium: 112.87mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Vitamin B12: 0.38µg (6.32%), Phosphorus: 60.88mg (6.09%), Zinc: 0.79mg (5.29%), Selenium: 2.65µg (3.78%), Vitamin B3: 0.68mg (3.42%), Vitamin B6: 0.05mg (2.75%), Iron: 0.48mg (2.68%), Calcium: 26.08mg (2.61%), Potassium: 71.71mg (2.05%), Vitamin A: 101.26IU (2.03%), Vitamin B2: 0.03mg (1.99%), Manganese: 0.04mg (1.94%), Magnesium: 6.3mg (1.58%), Vitamin E: 0.18mg (1.23%)