



Mac 'N Cheeseburger

READY IN



20 min.

SERVINGS



20

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 singles kraft
- 1.5 lb ground beef lean
- 7.3 oz macaroni & cheese dinner kraft
- 6 sesame seed hamburger buns

Equipment

- frying pan

Directions

- Prepare Dinner as directed on package.
- Meanwhile, remove bread from centers of bun tops; discard or reserve removed bread for another use. Shape meat into 6 (1/2-inch-thick) patties; cook in skillet on medium heat 5 min. on each side or until done (160F).
- Place burgers on bottom halves of buns; top with Dinner and Singles. Cover with tops of buns.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:6.89, Inflammation Score:-1, Nutrition Score:5.1599999847619%

Nutrients (% of daily need)

Calories: 116.95kcal (5.85%), Fat: 3.3g (5.08%), Saturated Fat: 0.87g (5.47%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 10.99g (4%), Sugar: 0.95g (1.05%), Cholesterol: 21.14mg (7.05%), Sodium: 168.05mg (7.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.81%), Selenium: 9.39µg (13.41%), Vitamin B12: 0.79µg (13.13%), Zinc: 1.97mg (13.11%), Phosphorus: 123.19mg (12.32%), Vitamin B3: 2.4mg (12.01%), Iron: 1.46mg (8.11%), Vitamin B6: 0.14mg (7.07%), Manganese: 0.12mg (6.11%), Vitamin B1: 0.08mg (5.55%), Vitamin B2: 0.09mg (5.5%), Potassium: 154.22mg (4.41%), Calcium: 38.46mg (3.85%), Magnesium: 13.91mg (3.48%), Folate: 13.69µg (3.42%), Vitamin B5: 0.22mg (2.18%), Copper: 0.04mg (2%)