



WHATSheATE



Macaroni and Cheese IV

READY IN



45 min.

SERVINGS



8

CALORIES



678 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 24 ounce elbow macaroni
- ☐ 1 pound ground beef lean
- ☐ 4 cups sharp cheddar cheese shredded
- ☐ 46 fluid ounce sacramento tomato juice canned

Equipment

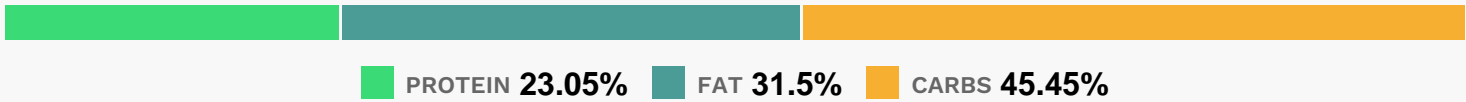
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ In a large pot with boiling salted water cook macaroni pasta until al dente.
- ☐ Drain.
- ☐ In a large skillet cook ground beef until no pink remains.
- ☐ Drain excess grease.
- ☐ In a large bowl add the tomato juice, diced tomatoes, cooked ground beef, cooked and drained pasta, one package of the grated cheese, and mix well.
- ☐ Pour into a 2 quart casserole baking dish.
- ☐ Spread remaining package of grated cheese over the top.
- ☐ In a 425 degree F (220 degree F) oven bake until the cheese on top is melted, then broil until the cheese is golden brown.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:3.85, Inflammation Score:-8, Nutrition Score:29.4573910651%

Nutrients (% of daily need)

Calories: 678.14kcal (33.91%), Fat: 23.81g (36.62%), Saturated Fat: 12.43g (77.67%), Carbohydrates: 77.28g (25.76%), Net Carbohydrates: 71.33g (25.94%), Sugar: 9.94g (11.04%), Cholesterol: 91.65mg (30.55%), Sodium: 636.47mg (27.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.18g (78.37%), Selenium: 80.63µg (115.18%), Phosphorus: 586.18mg (58.62%), Manganese: 1.1mg (55.12%), Calcium: 480.23mg (48.02%), Zinc: 6.62mg (44.12%), Vitamin B3: 6.67mg (33.34%), Vitamin B6: 0.64mg (31.85%), Vitamin B12: 1.87µg (31.15%), Copper: 0.62mg (30.96%), Vitamin B2: 0.48mg (28.23%), Magnesium: 106.81mg (26.7%), Potassium: 927.52mg (26.5%), Iron: 4.76mg (26.42%), Fiber: 5.95g (23.81%), Vitamin C: 15.64mg (18.96%), Vitamin E: 2.8mg (18.68%), Vitamin A: 931.69IU (18.63%), Vitamin B1: 0.24mg (16.25%), Vitamin B5: 1.44mg (14.37%), Folate: 52.11µg (13.03%), Vitamin K: 10.62µg (10.12%), Vitamin D: 0.4µg (2.64%)