



WHATSheATE

Macaroni Gratinée

READY IN



95 min.

SERVINGS



15

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce canned tomatoes crushed canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 16 ounce elbow macaroni
- ☐ 3 cloves garlic chopped
- ☐ 2 pounds ground beef
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion finely chopped
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.5 teaspoon salt
- ☐ 1 pound sharp cheddar cheese shredded
- ☐ 6 ounce tomato paste canned

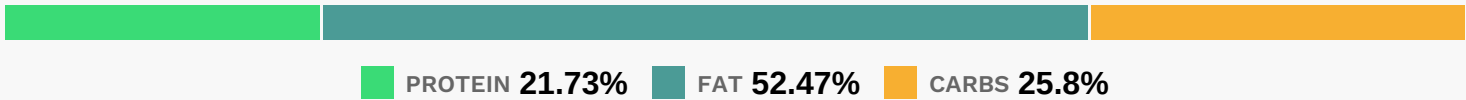
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Heat the olive oil in a large skillet over medium-high heat, and stir in the ground beef until crumbly and no longer pink, about 5 minutes. Stir in the onion, garlic, Italian seasoning, cayenne pepper, and salt; continue cooking until the onion has softened and turned translucent, about 5 minutes more.
- ☐ Drain off the excess grease, and add the tomato paste and crushed tomatoes. Bring to a simmer, then reduce heat to medium-low, cover, and simmer 1 hour.
- ☐ Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain. Stir the cooked macaroni into the meat sauce until combined, then spread into a 9x13 inch baking dish.
- ☐ Sprinkle with Cheddar and Parmesan cheeses.
- ☐ Broil in preheated oven until the cheese is bubbly and golden, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:14.955652122912%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 427.92kcal (21.4%), Fat: 24.84g (38.21%), Saturated Fat: 11.2g (69.99%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 25.58g (9.3%), Sugar: 2.95g (3.28%), Cholesterol: 76.08mg (25.36%), Sodium: 431.18mg (18.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.29%), Selenium: 38.27µg (54.68%), Phosphorus: 328.21mg (32.82%), Zinc: 4.34mg (28.93%), Calcium: 278.01mg (27.8%), Vitamin B12: 1.66µg (27.66%), Manganese: 0.39mg (19.31%), Vitamin B3: 3.62mg (18.08%), Vitamin B6: 0.34mg (16.98%), Vitamin B2: 0.28mg (16.29%), Iron: 2.23mg (12.37%), Potassium: 393.4mg (11.24%), Magnesium: 44.86mg (11.21%), Copper: 0.22mg (10.8%), Vitamin A: 450.25IU (9%), Vitamin E: 1.21mg (8.08%), Fiber: 1.9g (7.58%), Vitamin B5: 0.7mg (6.95%), Vitamin B1: 0.1mg (6.52%), Folate: 22.77µg (5.69%), Vitamin C: 4.41mg (5.35%), Vitamin K: 5.16µg (4.92%), Vitamin D: 0.26µg (1.72%)