



Macaroni Lasagna with Veggies and Dip

READY IN



40 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups cheddar low-fat grated
- ☐ 1 pound extra-lean ground beef
- ☐ 1 teaspoon penzey's southwest seasoning italian
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 0.5 cup cup heavy whipping cream sour low-fat
- ☐ 2 cups macaroni whole wheat
- ☐ 3 tablespoons onions frozen chopped
- ☐ 24 ounce pasta sauce your favorite
- ☐ 1 teaspoon pepper flakes red crushed

- ☐ 1.5 pounds precut vegetables mixed (6 cups celery, cauliflower, broccoli, and carrots)
- ☐ 0.5 teaspoon garlic and herb seasoning mix supermarket-style
- ☐ 8 servings water as needed

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ pot
- ☐ stove
- ☐ kitchen timer
- ☐ colander

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Fill a large stove-top pot with water and bring to a boil. Brown meat in a large nonstick fry pan at medium-high heat until meat is no longer pink.
- ☐ Add onion flakes, Italian seasoning, and red pepper flakes while meat is browning.
- ☐ Place macaroni in boiling water. Cook for 5 minutes (you want the pasta very firm).
- ☐ While the macaroni and meat are cooking, mix together mayonnaise, sour cream and garlic and herb seasoning mix in a small mixing bowl to make veggie dip.
- ☐ Let stand in refrigerator. Rinse veggies and arrange on serving plate. When timer rings for pasta, drain, and then rinse in colander.
- ☐ Layer the following ingredients into a large cake or lasagna pan in this order: 1/2 of the fully cooked beef, 1/2 of the cooked macaroni, 1/2 pasta sauce and 1/2 cheese. Repeat again.
- ☐ Bake uncovered in preheated oven. Set timer for 20 minutes or until top layer of cheese is bubbly.

Nutrition Facts



 **PROTEIN 24.9%**  **FAT 38.29%**  **CARBS 36.81%**

Properties

Glycemic Index:19.25, Glycemic Load:5.35, Inflammation Score:-10, Nutrition Score:24.64000006344%

Flavonoids

Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 421.72kcal (21.09%), Fat: 18.23g (28.04%), Saturated Fat: 8.34g (52.12%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 33.52g (12.19%), Sugar: 4.55g (5.06%), Cholesterol: 70.67mg (23.56%), Sodium: 810.78mg (35.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.68g (53.35%), Vitamin A: 5110.73IU (102.21%), Selenium: 36.21µg (51.72%), Phosphorus: 379.37mg (37.94%), Zinc: 5mg (33.33%), Manganese: 0.59mg (29.28%), Calcium: 282.32mg (28.23%), Vitamin B3: 5.55mg (27.77%), Vitamin B12: 1.63µg (27.16%), Fiber: 5.91g (23.62%), Vitamin B6: 0.46mg (23.14%), Vitamin B2: 0.38mg (22.51%), Potassium: 761.56mg (21.76%), Iron: 3.65mg (20.26%), Vitamin C: 15.22mg (18.45%), Magnesium: 73.52mg (18.38%), Copper: 0.36mg (17.8%), Vitamin E: 2.17mg (14.48%), Vitamin K: 14.59µg (13.9%), Vitamin B1: 0.19mg (12.63%), Folate: 50.06µg (12.51%), Vitamin B5: 1.02mg (10.15%), Vitamin D: 0.25µg (1.7%)