



## Meat Sauce Macaroni

READY IN



45 min.

SERVINGS



2

CALORIES



288 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.1 teaspoon pepper black
- 2 ounces elbow macaroni hot cooked uncooked
- 0.5 pound ground round
- 0.5 cup commercial pizza sauce
- 0.1 teaspoon salt
- 0.5 ounce sharp cheddar cheese shredded reduced-fat

### Equipment

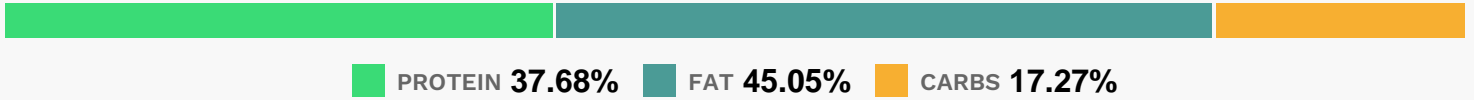
- frying pan

paper towels

## Directions

- Cook meat in a small nonstick skillet over medium-high heat until browned, stirring to crumble.
- Drain. Wipe drippings from pan with a paper towel; return meat to pan.
- Add sauce, salt, and pepper; cook 2 minutes.
- Add pasta; cook 2 minutes or until thoroughly heated.
- Sprinkle each serving with 1 tablespoon cheese.

## Nutrition Facts



## Properties

Glycemic Index:76.83, Glycemic Load:5.2, Inflammation Score:-4, Nutrition Score:14.870434647021%

## Nutrients (% of daily need)

Calories: 288.3kcal (14.42%), Fat: 14.2g (21.85%), Saturated Fat: 6.04g (37.75%), Carbohydrates: 12.25g (4.08%), Net Carbohydrates: 10.79g (3.92%), Sugar: 2.36g (2.63%), Cholesterol: 80.8mg (26.93%), Sodium: 557.17mg (24.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.72g (53.45%), Vitamin B12: 2.58µg (43.02%), Selenium: 28.69µg (40.98%), Zinc: 5.97mg (39.82%), Vitamin B3: 6.48mg (32.39%), Phosphorus: 274.29mg (27.43%), Vitamin B6: 0.5mg (24.88%), Iron: 3.29mg (18.3%), Potassium: 565.54mg (16.16%), Vitamin B2: 0.25mg (14.93%), Magnesium: 39.1mg (9.78%), Vitamin B5: 0.93mg (9.27%), Manganese: 0.19mg (9.26%), Copper: 0.18mg (9.23%), Vitamin E: 1.32mg (8.78%), Calcium: 74.92mg (7.49%), Vitamin A: 336.91IU (6.74%), Fiber: 1.46g (5.84%), Vitamin C: 4.29mg (5.2%), Vitamin B1: 0.07mg (4.68%), Folate: 15.81µg (3.95%), Vitamin K: 3µg (2.85%), Vitamin D: 0.16µg (1.04%)