



## Pasta Pronto Italiano

READY IN



20 min.

SERVINGS



6

CALORIES



382 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 lb ground beef lean
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.5 cup pizza four cheese shredded kraft
- 1 jar classico pizza sauce traditional

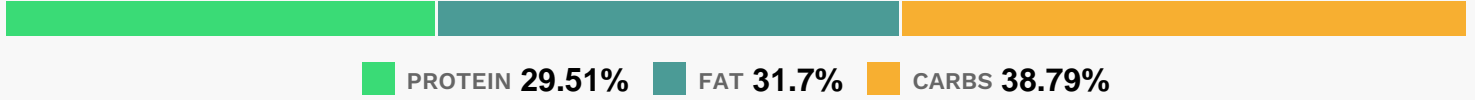
### Equipment

- frying pan

### Directions

- Prepare Dinner as directed on package. Meanwhile, brown meat in large skillet.
- Drain meat; return to skillet.
- Add Dinner and pizza sauce; mix well.
- Top with shredded cheese; cover. Cook on low heat 2 min. or until shredded cheese is melted.

## Nutrition Facts



### Properties

Glycemic Index:18.17, Glycemic Load:21.7, Inflammation Score:-5, Nutrition Score:14.990869418434%

### Nutrients (% of daily need)

Calories: 381.67kcal (19.08%), Fat: 13.51g (20.79%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 37.21g (12.4%), Net Carbohydrates: 35.51g (12.91%), Sugar: 4.03g (4.48%), Cholesterol: 48.74mg (16.25%), Sodium: 1111.53mg (48.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.3g (56.6%), Phosphorus: 438.93mg (43.89%), Zinc: 4.96mg (33.05%), Vitamin B12: 1.69µg (28.22%), Vitamin B3: 5.28mg (26.38%), Iron: 4.26mg (23.65%), Manganese: 0.44mg (21.99%), Potassium: 728.48mg (20.81%), Vitamin B6: 0.41mg (20.37%), Selenium: 13.83µg (19.76%), Magnesium: 56.12mg (14.03%), Calcium: 137.25mg (13.73%), Vitamin E: 1.84mg (12.29%), Vitamin B2: 0.2mg (11.49%), Vitamin A: 490.73IU (9.81%), Vitamin C: 7.93mg (9.62%), Copper: 0.19mg (9.43%), Vitamin B5: 0.84mg (8.36%), Fiber: 1.7g (6.8%), Vitamin B1: 0.06mg (3.88%), Folate: 13.98µg (3.49%), Vitamin K: 3.4µg (3.24%)