

Saucy Ground Beef & Macaroni

READY IN



30 min.

SERVINGS



30

CALORIES



100 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups elbow macaroni uncooked
- 1 lb ground beef lean
- 0.5 cup mayo homestyle real mayonnaise kraft
- 1 cup cheddar & monterey jack cheeses shredded kraft
- 24 oz classico family favorites pasta sauce traditional

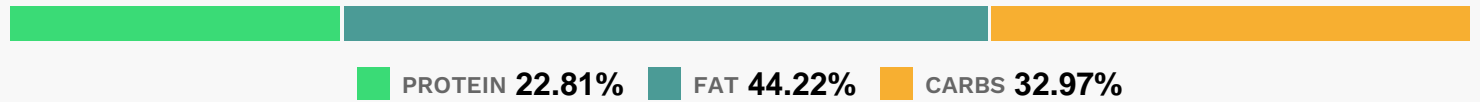
Equipment

- frying pan

Directions

- Cook macaroni as directed on package, omitting salt. Meanwhile, brown meat in large skillet on medium heat.
- Drain macaroni and meat. Return meat to skillet.
- Add macaroni and mayo; mix well. Cook on medium heat 5 to 10 min. or until heated through, stirring frequently.
- Remove from heat. Top with cheese; cover.
- Let stand 2 min.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:4.1030434499616%

Nutrients (% of daily need)

Calories: 100.22kcal (5.01%), Fat: 4.9g (7.54%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 7.58g (2.76%), Sugar: 1.1g (1.22%), Cholesterol: 14.29mg (4.76%), Sodium: 164.35mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.37%), Selenium: 9.3µg (13.28%), Zinc: 1.07mg (7.13%), Phosphorus: 71.21mg (7.12%), Vitamin K: 6.87µg (6.54%), Vitamin B12: 0.37µg (6.24%), Vitamin B3: 1.22mg (6.09%), Manganese: 0.11mg (5.6%), Vitamin B6: 0.1mg (4.9%), Potassium: 144.28mg (4.12%), Iron: 0.73mg (4.08%), Vitamin B2: 0.06mg (3.53%), Calcium: 34.89mg (3.49%), Vitamin E: 0.51mg (3.41%), Copper: 0.07mg (3.33%), Magnesium: 12.73mg (3.18%), Vitamin A: 129.6IU (2.59%), Fiber: 0.64g (2.56%), Vitamin B5: 0.22mg (2.22%), Vitamin C: 1.59mg (1.92%), Vitamin B1: 0.02mg (1.4%), Folate: 5.34µg (1.34%)