



Sharp Cheddar "Lasagna

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb ground beef
- 1.5 cups classico family favorites pasta sauce traditional
- 14 oz deluxe macaroni & sharp cheddar cheese sauce kraft
- 0.5 cup mozzarella cheese shredded kraft

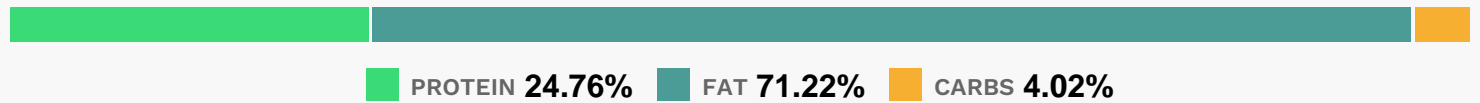
Equipment

- frying pan
- oven

Directions

- Heat oven to 375F.
- Prepare Dinner as directed on package. Meanwhile, brown meat in large skillet; drain. Stir in pasta sauce.
- Layer half each of the meat mixture and Dinner in 1-1/2-qt. casserole sprayed with cooking spray; repeat layers. Top with mozzarella.
- Bake 15 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:2.47, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:2.6565217505331%

Nutrients (% of daily need)

Calories: 75.69kcal (3.78%), Fat: 5.98g (9.2%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.62g (0.23%), Sugar: 0.37g (0.42%), Cholesterol: 19.08mg (6.36%), Sodium: 124.82mg (5.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Calcium: 80.55mg (8.05%), Phosphorus: 70.8mg (7.08%), Selenium: 4.8µg (6.86%), Vitamin B12: 0.38µg (6.33%), Zinc: 0.9mg (5.99%), Vitamin B2: 0.07mg (4.15%), Vitamin A: 148.67IU (2.97%), Vitamin B3: 0.58mg (2.88%), Vitamin B6: 0.05mg (2.65%), Potassium: 66.61mg (1.9%), Iron: 0.33mg (1.83%), Vitamin E: 0.26mg (1.71%), Magnesium: 6.26mg (1.57%), Vitamin B5: 0.13mg (1.28%), Copper: 0.02mg (1.05%)