



Sharp Cheddar "Lasagna" Made Over

READY IN



35 min.

SERVINGS



35

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb extra-lean ground beef
- 2 large pasilla peppers green chopped
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 0.7 cup classico family favorites pasta sauce traditional
- 0.5 cup milk sharp cheddar cheese shredded 2% kraft

Equipment

- frying pan
- oven

baking pan

Directions

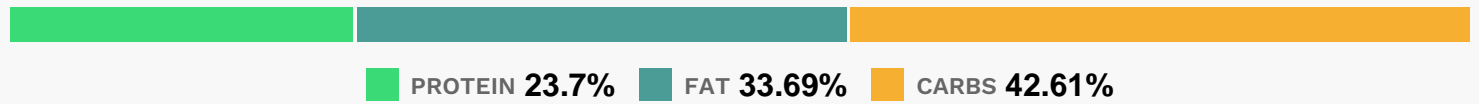
Heat oven to 400F.

Prepare Dinner as directed on package. While Macaroni is cooking, brown meat with peppers in large skillet; stir in pasta sauce.

Layer half each of the Dinner and meat mixture in 8-inch square baking dish sprayed with cooking spray; repeat layers. Top with shredded cheese.

Bake 15 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:3.5, Inflammation Score:-1, Nutrition Score:2.2295651999505%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 56.33kcal (2.82%), Fat: 2.11g (3.25%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.78g (2.1%), Sugar: 0.4g (0.44%), Cholesterol: 5.63mg (1.88%), Sodium: 124.1mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Vitamin C: 7.86mg (9.53%), Phosphorus: 67.7mg (6.77%), Zinc: 0.56mg (3.73%), Manganese: 0.07mg (3.53%), Calcium: 30.03mg (3%), Vitamin B12: 0.16µg (2.7%), Iron: 0.47mg (2.6%), Vitamin B6: 0.05mg (2.6%), Selenium: 1.61µg (2.3%), Vitamin B3: 0.45mg (2.24%), Potassium: 76.26mg (2.18%), Magnesium: 7.35mg (1.84%), Vitamin A: 71.06IU (1.42%), Vitamin B2: 0.02mg (1.37%)