



Sharp Cheddar "Lasagna" Made Over

READY IN



35 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

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

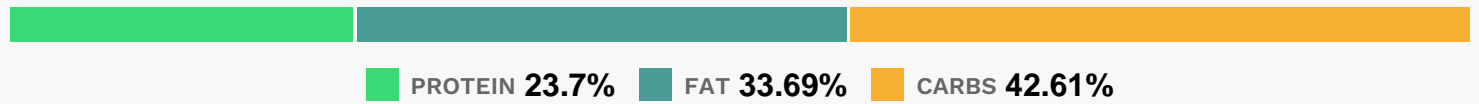
Heat oven to 400F.

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:36.5, Glycemic Load:30.66, Inflammation Score:-7, Nutrition Score:19.506956408853%

Flavonoids

Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg, Luteolin: 3.86mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 492.91kcal (24.65%), Fat: 18.49g (28.44%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 52.62g (17.54%), Net Carbohydrates: 50.61g (18.4%), Sugar: 3.47g (3.85%), Cholesterol: 49.28mg (16.43%), Sodium: 1085.86mg (47.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.51%), Vitamin C: 68.79mg (83.38%), Phosphorus: 592.34mg (59.23%), Zinc: 4.89mg (32.6%), Manganese: 0.62mg (30.86%), Calcium: 262.76mg (26.28%), Vitamin B12: 1.42µg (23.66%), Vitamin B6: 0.46mg (22.79%), Iron: 4.1mg (22.76%), Selenium: 14.11µg (20.15%), Vitamin B3: 3.92mg (19.6%), Potassium: 667.3mg (19.07%), Magnesium: 64.35mg (16.09%), Vitamin A: 621.74IU (12.43%), Vitamin B2: 0.2mg (11.95%), Fiber: 2.01g (8.03%), Vitamin E: 1.16mg (7.71%), Copper: 0.15mg (7.47%), Vitamin K: 7.72µg (7.35%), Vitamin B5: 0.63mg (6.3%), Vitamin B1: 0.08mg (5.59%), Folate: 17.68µg (4.42%)