



Shipwreck Dinner

READY IN



35 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 oz canned tomatoes undrained canned
- 1 lb extra-lean ground beef
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 7.3 oz macaroni & cheese dinner kraft
- 1 cup milk
- 1 cup peas frozen

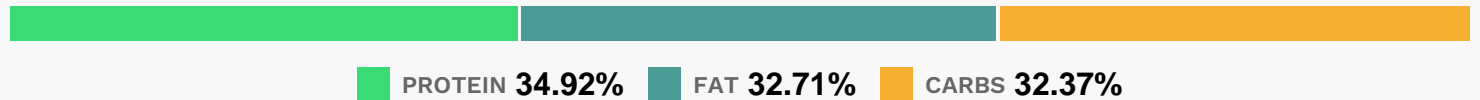
Equipment

- frying pan

Directions

- Brown meat in large nonstick skillet on medium heat; drain. Return to skillet.
- Stir in Macaroni, Cheese Sauce
- Mix, tomatoes, peas and milk. Bring to boil; cover. Simmer on medium–low heat 12 min. or until macaroni is tender, stirring occasionally.
- Top with mozzarella.
- Remove from heat.
- Let stand, covered, 5 min. or until mozzarella is melted.

Nutrition Facts



Properties

Glycemic Index:46.08, Glycemic Load:19.86, Inflammation Score:-7, Nutrition Score:26.853478556094%

Nutrients (% of daily need)

Calories: 495.81kcal (24.79%), Fat: 17.99g (27.67%), Saturated Fat: 6.58g (41.15%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 36.1g (13.13%), Sugar: 9.67g (10.75%), Cholesterol: 95.55mg (31.85%), Sodium: 797.73mg (34.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.21g (86.41%), Phosphorus: 687.59mg (68.76%), Zinc: 8.18mg (54.54%), Vitamin B12: 3.1µg (51.65%), Calcium: 421.5mg (42.15%), Vitamin B3: 8.29mg (41.47%), Selenium: 26.17µg (37.39%), Vitamin B6: 0.71mg (35.57%), Iron: 5.65mg (31.37%), Manganese: 0.59mg (29.41%), Vitamin C: 23.63mg (28.64%), Potassium: 987.78mg (28.22%), Vitamin B2: 0.45mg (26.53%), Magnesium: 87.99mg (22%), Vitamin B1: 0.26mg (17.1%), Copper: 0.34mg (17.02%), Fiber: 3.95g (15.81%), Vitamin K: 15.22µg (14.5%), Vitamin A: 724.14IU (14.48%), Vitamin B5: 1.29mg (12.91%), Vitamin E: 1.67mg (11.16%), Folate: 44.65µg (11.16%), Vitamin D: 0.87µg (5.79%)