



WHATSheATE



Skillet Beef And Macaroni



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 pound ground round
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 14 ounce deluxe macaroni and cheese dinner mix light with cheese sauce packet (such as kraft)
- ☐ 1 cup onion chopped

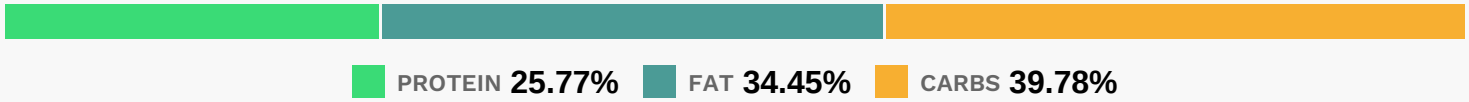
Equipment

- ☐ frying pan

Directions

- ☐ Cook macaroni according to package directions.
- ☐ Drain; rinse under hot water, and drain. Set aside, and keep warm. Set cheese sauce packet aside.
- ☐ Cook beef and onion in a large nonstick skillet over medium-high heat until beef is browned, stirring to crumble.
- ☐ Add Italian seasoning, cooked macaroni, reserved cheese sauce packet, and tomatoes; cook over medium heat until thoroughly heated, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:16.28, Inflammation Score:-3, Nutrition Score:10.778260837431%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 290.6kcal (14.53%), Fat: 11.14g (17.14%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 27.51g (10%), Sugar: 3.12g (3.47%), Cholesterol: 36.85mg (12.28%), Sodium: 486.14mg (21.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.74g (37.48%), Phosphorus: 320.92mg (32.09%), Zinc: 3.54mg (23.6%), Vitamin B12: 1.25µg (20.88%), Manganese: 0.37mg (18.56%), Vitamin B3: 3.54mg (17.69%), Iron: 3.1mg (17.22%), Vitamin B6: 0.31mg (15.65%), Selenium: 9.83µg (14.05%), Potassium: 462.64mg (13.22%), Calcium: 104.8mg (10.48%), Magnesium: 41.16mg (10.29%), Vitamin C: 6.21mg (7.53%), Copper: 0.14mg (7.21%), Vitamin B2: 0.12mg (7.17%), Vitamin E: 0.87mg (5.82%), Fiber: 1.42g (5.69%), Vitamin B5: 0.51mg (5.07%), Vitamin B1: 0.07mg (4.8%), Vitamin K: 4.81µg (4.58%), Folate: 14.47µg (3.62%), Vitamin A: 115.13IU (2.3%)