



## Super Baked Pizza Mac

READY IN



30 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 tsp basil leaves dried
- 1 eggs lightly beaten
- 1 lb extra-lean ground beef divided cooked
- 0.3 tsp garlic powder
- 7.3 oz macaroni & cheese dinner prepared kraft
- 1 cup classico pizza sauce divided traditional
- 0.5 cup mozzarella cheese shredded kraft

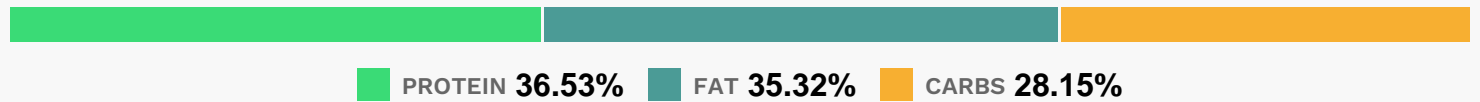
### Equipment

oven

## Directions

- Heat oven to 400F.
- Reserve 1/4 cup pizza sauce.
- Combine prepared Dinner, 2/3 of the meat, remaining pizza sauce, egg and seasonings.
- Spoon into 9-inch pie plate. Top with remaining meat, reserved pizza sauce and cheese.
- Bake 15 min.
- Let stand 5 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:10.99, Inflammation Score:-3, Nutrition Score:12.289130501125%

## Nutrients (% of daily need)

Calories: 266.97kcal (13.35%), Fat: 10.35g (15.92%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 18.56g (6.19%), Net Carbohydrates: 17.89g (6.51%), Sugar: 1.58g (1.76%), Cholesterol: 81.52mg (27.17%), Sodium: 574.94mg (25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.08g (48.16%), Phosphorus: 343.06mg (34.31%), Vitamin B12: 1.97µg (32.86%), Zinc: 4.76mg (31.75%), Selenium: 17.27µg (24.67%), Vitamin B3: 4.58mg (22.9%), Vitamin B6: 0.36mg (17.8%), Iron: 3.18mg (17.68%), Potassium: 472.15mg (13.49%), Vitamin B2: 0.21mg (12.34%), Calcium: 116.15mg (11.61%), Manganese: 0.23mg (11.49%), Magnesium: 38.08mg (9.52%), Vitamin B5: 0.74mg (7.39%), Vitamin E: 0.91mg (6.05%), Copper: 0.11mg (5.73%), Vitamin A: 280.37IU (5.61%), Vitamin C: 2.86mg (3.47%), Vitamin K: 3.61µg (3.44%), Vitamin B1: 0.05mg (3.15%), Folate: 11.98µg (2.99%), Fiber: 0.67g (2.67%), Vitamin D: 0.26µg (1.73%)