



Taco Dinner Mac and Cheese

READY IN



40 min.

SERVINGS



4

CALORIES



885 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 8 ounce elbow macaroni
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 pound ground beef
- ☐ 2 cups milk
- ☐ 8 ounce block sharp cheddar cheese shredded
- ☐ 1.3 ounce taco seasoning reduced-sodium
- ☐ 4 servings toppings: tomato sour chopped
- ☐ 0.8 cup water

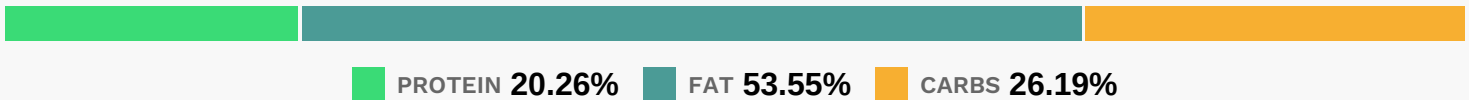
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Prepare pasta according to package directions.
- ☐ Drain and keep warm.
- ☐ Brown ground beef in a nonstick skillet over medium-high heat until no longer pink.
- ☐ Drain.
- ☐ Return beef to skillet; stir in taco seasoning mix and 3/4 cup water. Bring to a boil, and cook, stirring occasionally, 7 minutes or until most of the liquid evaporates.
- ☐ Remove beef mixture from heat.
- ☐ Melt butter in a large saucepan or Dutch oven over medium-low heat; whisk in flour until smooth. Cook, whisking constantly, 2 minutes. Gradually whisk in milk, and cook, whisking constantly, 5 minutes or until thickened.
- ☐ Remove from heat.
- ☐ Stir in 1 1/2 cups cheese, stirring until melted. Stir in cooked pasta and beef mixture.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Serve immediately with desired toppings.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:4.7, Inflammation Score:-8, Nutrition Score:29.473913234213%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 885.33kcal (44.27%), Fat: 52.44g (80.68%), Saturated Fat: 25.62g (160.12%), Carbohydrates: 57.71g (19.24%), Net Carbohydrates: 53.97g (19.63%), Sugar: 9.39g (10.43%), Cholesterol: 166.9mg (55.63%), Sodium: 1259.58mg (54.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.63g (89.27%), Selenium: 72.58µg (103.69%), Phosphorus: 677.18mg (67.72%), Vitamin B12: 3.7µg (61.64%), Calcium: 591.13mg (59.11%), Zinc: 8.18mg (54.54%), Vitamin B2: 0.65mg (38%), Vitamin A: 1831.6IU (36.63%), Vitamin B3: 6.17mg (30.85%), Manganese: 0.58mg (28.85%), Vitamin B6: 0.57mg (28.29%), Iron: 3.89mg (21.61%), Magnesium: 81.89mg (20.47%), Potassium: 681.52mg (19.47%), Vitamin K: 16.75µg (15.95%), Vitamin B5: 1.53mg (15.31%), Fiber: 3.74g (14.95%), Vitamin B1: 0.22mg (14.51%), Copper: 0.27mg (13.52%), Vitamin D: 1.8µg (11.97%), Folate: 40.96µg (10.24%), Vitamin E: 1.21mg (8.07%), Vitamin C: 5.11mg (6.2%)