



VELVEETA Creamy Beef Stroganoff Skillet

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11.6 oz velveeta cheesy skillet dinner kit creamy beef stroganoff
- 1 cup mushrooms fresh sliced
- 1 lb ground beef lean
- 1.3 cups milk
- 1 cup water

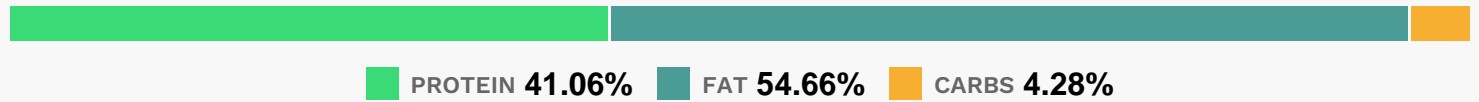
Equipment

- frying pan

Directions

- Brown meat with mushrooms in large skillet; drain. Return meat mixture to skillet.
- Add milk, water, Seasoning
- Mix and Pasta; stir. Bring to boil. Reduce heat to medium-low; cover.
- Simmer 8 to 10 min. or until pasta is tender and most of the liquid is absorbed, stirring frequently.
- Remove from heat.
- Stir in VELVEETA Cheese Sauce.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:4.3113043136571%

Nutrients (% of daily need)

Calories: 83.04kcal (4.15%), Fat: 4.93g (7.58%), Saturated Fat: 2.06g (12.86%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.83g (0.92%), Cholesterol: 27.57mg (9.19%), Sodium: 32.61mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.65%), Vitamin B12: 0.94µg (15.74%), Zinc: 1.93mg (12.87%), Vitamin B3: 2.13mg (10.65%), Selenium: 7.15µg (10.21%), Phosphorus: 90.42mg (9.04%), Vitamin B6: 0.16mg (7.82%), Vitamin B2: 0.1mg (5.95%), Iron: 0.88mg (4.9%), Potassium: 161.01mg (4.6%), Vitamin B5: 0.36mg (3.57%), Magnesium: 10.17mg (2.54%), Calcium: 24.26mg (2.43%), Copper: 0.04mg (2.24%), Vitamin B1: 0.03mg (1.92%), Vitamin D: 0.22µg (1.44%)