



# VELVEETA® Cheeseburger Macaroni

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups elbow macaroni uncooked
- 1 lb ground beef lean
- 1 tsp onion powder
- 0.3 cup heinz tomato ketchup
- 8 oz velveeta cut into 1/2-inch cubes
- 2.8 cups water

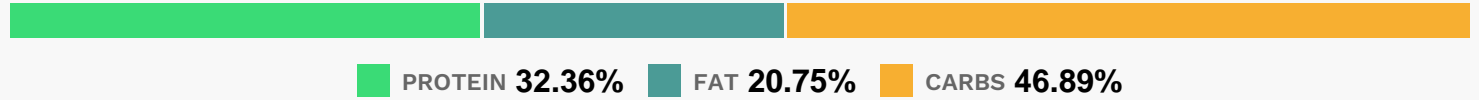
## Equipment

- frying pan

## Directions

- Brown meat in large skillet; drain.
- Add water, ketchup and onion powder; mix well. Bring to boil. Stir in macaroni; cover. Simmer on medium-low heat 8 to 10 min. or until macaroni is tender, stirring occasionally.
- Stir in VELVEETA; cook until melted, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.4147825684884%

## Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 75.09kcal (3.75%), Fat: 1.7g (2.62%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 8.34g (3.03%), Sugar: 1.47g (1.63%), Cholesterol: 12.55mg (4.18%), Sodium: 155.77mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Phosphorus: 125.94mg (12.59%), Selenium: 8.56µg (12.23%), Zinc: 1.1mg (7.33%), Vitamin B12: 0.34µg (5.64%), Vitamin B3: 1.03mg (5.14%), Vitamin B2: 0.08mg (4.92%), Calcium: 48.07mg (4.81%), Manganese: 0.09mg (4.54%), Vitamin B6: 0.08mg (3.87%), Potassium: 107.49mg (3.07%), Iron: 0.5mg (2.8%), Copper: 0.04mg (2.24%), Magnesium: 8.93mg (2.23%), Vitamin A: 87.92IU (1.76%), Vitamin B5: 0.14mg (1.39%), Fiber: 0.32g (1.28%), Vitamin B1: 0.02mg (1.02%)