



## Wayne's Beef Macaroni and Cheese

READY IN



33 min.

SERVINGS



10

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 3 cups tomatoes canned crushed
- ☐ 2 cups cheddar grated
- ☐ 1 teaspoon basil dried
- ☐ 1 pound elbow macaroni
- ☐ 1 tablespoon garlic chopped
- ☐ 2 cups bell pepper green chopped
- ☐ 2 pounds ground beef lean
- ☐ 2 cups onion chopped
- ☐ 10 servings salt and pepper

☐ 2 tablespoons vegetable oil

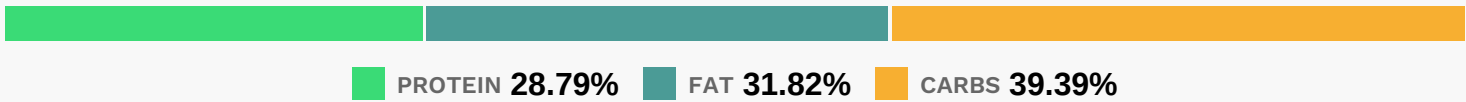
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oven to 350 degrees F.
- ☐ Cook the macaroni according to package directions; drain and set aside.
- ☐ Heat the oil in a skillet; add the peppers, onion, and garlic, and saute until soft.
- ☐ Add the ground beef and saute until browned.
- ☐ Add the tomatoes, salt and pepper, to taste, and the basil, cumin, and oregano. In a large bowl, combine the macaroni and the beef mixture.
- ☐ Spread this mixture into a 9 by 13-inch baking dish. Top with the cheese and bake for 20 to 25 minutes, or until the cheese is lightly browned and bubbly.

Nutrition Facts



Properties

Glycemic Index:13.7, Glycemic Load:2.46, Inflammation Score:-7, Nutrition Score:23.456521770229%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

Nutrients (% of daily need)

Calories: 452.75kcal (22.64%), Fat: 15.96g (24.55%), Saturated Fat: 6.98g (43.65%), Carbohydrates: 44.44g (14.81%), Net Carbohydrates: 40.52g (14.73%), Sugar: 6.56g (7.29%), Cholesterol: 78.85mg (26.28%), Sodium:

502.67mg (21.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.49g (64.98%), Selenium: 51.57µg (73.67%), Zinc: 6.4mg (42.63%), Phosphorus: 409.55mg (40.96%), Vitamin C: 33.27mg (40.33%), Vitamin B12: 2.27µg (37.86%), Vitamin B3: 6.85mg (34.25%), Vitamin B6: 0.66mg (33.02%), Manganese: 0.66mg (32.92%), Iron: 4.05mg (22.48%), Calcium: 215.93mg (21.59%), Potassium: 750.85mg (21.45%), Vitamin B2: 0.33mg (19.37%), Copper: 0.38mg (18.88%), Magnesium: 71.74mg (17.93%), Fiber: 3.92g (15.68%), Vitamin B1: 0.17mg (11.57%), Vitamin E: 1.73mg (11.52%), Vitamin K: 12.07µg (11.49%), Vitamin B5: 1.15mg (11.47%), Vitamin A: 496.05IU (9.92%), Folate: 35.99µg (9%), Vitamin D: 0.23µg (1.51%)