



## Zesty Cheeseburger Mac Casserole

READY IN



55 min.

SERVINGS



5

CALORIES



580 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 lb extra-lean ground beef
- 0.8 cup milk fat-free
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 1 cup milk sharp cheddar cheese shredded 2% divided kraft
- 16 oz vegetable blend frozen (broccoli, carrots, cauliflower)

### Equipment

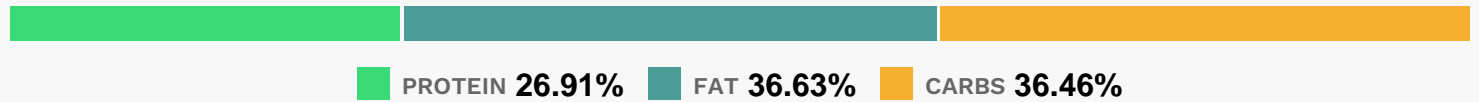
- sauce pan

- oven
- colander

## Directions

- Heat oven to 375F.
- Place frozen vegetables in colander in sink. Cook Macaroni as directed on package. Meanwhile, brown ground beef.
- Drain meat.
- Pour cooked macaroni over vegetables in colander to drain and quickly thaw vegetables. Return macaroni and vegetables to saucepan.
- Add Cheese Sauce, milk and dressing; mix well.
- Add meat and 1/2 cup shredded cheese; mix well. Spoon into 2-qt. casserole sprayed with cooking spray; cover.
- Bake 35 min. or until heated through. Top with remaining shredded cheese; bake, uncovered, 3 to 4 min. or until melted.

## Nutrition Facts



## Properties

Glycemic Index:33.85, Glycemic Load:28.31, Inflammation Score:-10, Nutrition Score:25.240000019903%

## Nutrients (% of daily need)

Calories: 580.37kcal (29.02%), Fat: 23.67g (36.42%), Saturated Fat: 6.83g (42.71%), Carbohydrates: 53.02g (17.67%), Net Carbohydrates: 49.39g (17.96%), Sugar: 3.2g (3.55%), Cholesterol: 79.95mg (26.65%), Sodium: 990.1mg (43.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.12g (78.25%), Vitamin A: 4912.34IU (98.25%), Phosphorus: 688.11mg (68.81%), Zinc: 7.06mg (47.07%), Vitamin B12: 2.48µg (41.41%), Calcium: 355.76mg (35.58%), Selenium: 23.51µg (33.59%), Vitamin B3: 6.19mg (30.95%), Manganese: 0.61mg (30.53%), Iron: 4.73mg (26.28%), Vitamin B6: 0.49mg (24.36%), Vitamin B2: 0.37mg (21.82%), Potassium: 751.23mg (21.46%), Magnesium: 79.82mg (19.95%), Fiber: 3.63g (14.51%), Vitamin B1: 0.18mg (11.82%), Vitamin C: 9.48mg (11.49%), Vitamin B5: 0.95mg (9.55%), Folate: 36.33µg (9.08%), Copper: 0.16mg (8.23%), Vitamin K: 7.39µg (7.04%), Vitamin E: 0.68mg (4.54%), Vitamin D: 0.63µg (4.2%)