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[Skinny Cheeseburger Casserole](#)

A healthier version of a classic cheeseburger, this casserole is packed with flavor and low in calories. It's a perfect dish for a family dinner or a potluck party.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 8

Serving Size: 125 g

Ingredients

500 g	extra lean ground beef
100 g	onion
2 cloves	garlic
100 g	dill pickles
200 g	reduced-fat cheddar cheese
250 g	whole wheat elbow macaroni

200 g	tomato sauce
50 g	ketchup
10 g	yellow mustard
5 g	Salt
2 g	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

Cook the whole wheat elbow macaroni according to the package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

In a large skillet, cook the ground beef, onion, and garlic over medium heat until the beef is browned and the onion is tender. Drain off any excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stove

Stir in the tomato sauce, ketchup, yellow mustard, salt, and black pepper. Cook for an additional 5 minutes.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

In a greased 9x13-inch baking dish, layer half of the cooked macaroni, beef mixture, dill pickles, and cheddar cheese. Repeat the layers.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Oven

Bake uncovered for 20 minutes or until heated through and the cheese is melted.

Prep Time: 0 mins

Cook Time: 20 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Dinner

Snack

Healthy For

Pancreatitis

Course

Main Dishes

Side Dishes

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Difficulty Level

Medium

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