

## Beef Macaroni Casserole

1254kJ, 5g fat

<b>Nutrients</b>	<b>Amount per serve</b>
Energy	1254.32kJ
Protein	16.71g
Total fat	4.66g
- saturated fat	1.48g
- polyunsaturated fat	0.76g
- monounsaturated fat	1.84g
Cholesterol	21.25g
Carbohydrate	45.62mg
Sugars	2.15g
Starch	42.97g
Fibre	2.90g
Thiamin	0.08mg
Riboflavin	0.08mg
Niacin	2.60mg
Vitamin C	8.43mg
Folate	35.14µg
Vitamin A equivalents	21.12µg
Sodium	1981.88mg
Potassium	357.15mg
Magnesium	33.26mg
Calcium	25.93mg
Phosphorus	209.55mg
Iron	2.01mg
Zinc	2.25mg