



15-Minute Chili-Cheeseburger Skillet

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups broccoli chopped
- 1 tsp chili powder
- 1 lb ground beef lean
- 7.3 oz macaroni & cheese dinner kraft
- 0.3 cup heinz tomato ketchup
- 2 cups water

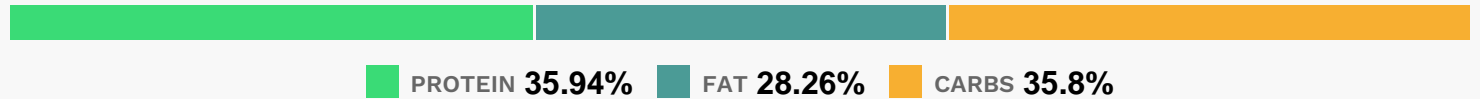
Equipment

- frying pan

Directions

- Brown meat in large skillet; drain.
- Stir in water, Macaroni and chili powder. Bring to boil; cover. Simmer on low heat 5 min., stirring every 2 min.
- Add broccoli; simmer 5 min. or until macaroni is tender. Stir in Cheese Sauce
- Mix and ketchup until well blended.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:16.2, Inflammation Score:-7, Nutrition Score:23.860869811929%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 366.47kcal (18.32%), Fat: 11.51g (17.7%), Saturated Fat: 2.65g (16.53%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 30.81g (11.2%), Sugar: 4.37g (4.85%), Cholesterol: 70.31mg (23.44%), Sodium: 643.26mg (27.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.86%), Vitamin C: 59.49mg (72.11%), Vitamin K: 68.82µg (65.55%), Phosphorus: 474.92mg (47.49%), Zinc: 6.78mg (45.18%), Vitamin B12: 2.54µg (42.34%), Vitamin B3: 6.94mg (34.72%), Selenium: 21.62µg (30.89%), Vitamin B6: 0.6mg (29.89%), Iron: 4.41mg (24.52%), Potassium: 757.46mg (21.64%), Manganese: 0.42mg (20.89%), Vitamin B2: 0.29mg (17.12%), Magnesium: 60.42mg (15.1%), Vitamin A: 688.27IU (13.77%), Calcium: 123.76mg (12.38%), Folate: 48.79µg (12.2%), Vitamin B5: 1.12mg (11.19%), Vitamin E: 1.31mg (8.73%), Fiber: 2g (7.98%), Copper: 0.16mg (7.9%), Vitamin B1: 0.1mg (6.45%)