



30-Minute Chili Mac

READY IN



30 min.

SERVINGS



30

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15.5 oz kidney beans rinsed canned
- 15 oz tomato sauce canned
- 2 tsp chili powder
- 0.8 cup elbow macaroni uncooked
- 1 lb extra-lean ground beef
- 1 cup pepper jack cheese shredded with a touch of philadelphia kraft
- 1 cup taco bellâ® & chunky salsa thick
- 1.5 cups water

Equipment

sauce pan

Directions

- Brown meat with chili powder in large saucepan.
- Add all remaining ingredients except cheese; mix well.
- Bring to boil; cover. Simmer on low heat 15 min., stirring after 8 min.
- Serve topped with cheese.

Nutrition Facts



Properties

Glycemic Index:4.13, Glycemic Load:0.98, Inflammation Score:-2, Nutrition Score:3.9900000199028%

Nutrients (% of daily need)

Calories: 66.04kcal (3.3%), Fat: 2.09g (3.21%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 4.92g (1.79%), Sugar: 1.23g (1.37%), Cholesterol: 12.73mg (4.24%), Sodium: 197.87mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.4%), Selenium: 5.75µg (8.21%), Phosphorus: 75.94mg (7.59%), Zinc: 1.08mg (7.2%), Vitamin B12: 0.37µg (6.17%), Vitamin B3: 1.22mg (6.12%), Vitamin B6: 0.11mg (5.59%), Fiber: 1.32g (5.28%), Manganese: 0.1mg (5.23%), Potassium: 169.22mg (4.83%), Iron: 0.82mg (4.55%), Calcium: 39.8mg (3.98%), Vitamin B2: 0.06mg (3.8%), Vitamin A: 185.31IU (3.71%), Magnesium: 14.41mg (3.6%), Copper: 0.07mg (3.51%), Vitamin E: 0.44mg (2.92%), Vitamin B1: 0.03mg (2.16%), Vitamin B5: 0.2mg (2.02%), Folate: 7.55µg (1.89%), Vitamin K: 1.69µg (1.61%), Vitamin C: 1.28mg (1.55%)