



## Cheddar Melt Chili

READY IN



30 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 1.3 cups water hot
- 1 box hawaiian rolls
- 1 cup salsa thick
- 1.7 cups milk
- 0.3 teaspoon chili powder
- 30 oz chili beans sauce undrained canned
- 0.8 cup cheddar cheese shredded
- 1 cup tomatoes chopped

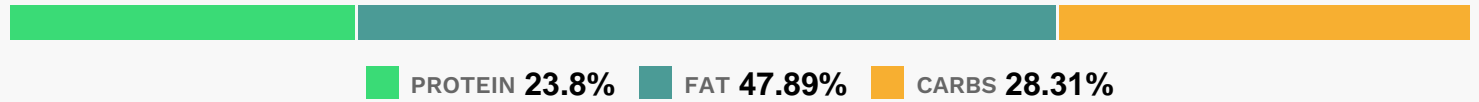
# Equipment

dutch oven

# Directions

- In 4-quart Dutch oven, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- Stir in hot water, sauce mix and uncooked pasta (from Hamburger Helper box), salsa, milk, chili powder and beans.
- Heat to boiling, stirring frequently.
- Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.
- Remove from heat; stir.
- Sprinkle each serving with 2 tablespoons cheese and tomato.

# Nutrition Facts



# Properties

Glycemic Index:27.5, Glycemic Load:1.6, Inflammation Score:-7, Nutrition Score:21.150434763535%

# Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

# Nutrients (% of daily need)

Calories: 445.55kcal (22.28%), Fat: 23.66g (36.4%), Saturated Fat: 10g (62.49%), Carbohydrates: 31.48g (10.49%), Net Carbohydrates: 24.41g (8.88%), Sugar: 13.07g (14.52%), Cholesterol: 75.93mg (25.31%), Sodium: 1486.78mg (64.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.9%), Phosphorus: 491.13mg (49.11%), Zinc: 6.93mg (46.2%), Vitamin B6: 0.78mg (38.8%), Vitamin B12: 2.15µg (35.8%), Potassium: 1127.01mg (32.2%), Vitamin B2: 0.5mg (29.42%), Fiber: 7.06g (28.25%), Selenium: 18.92µg (27.03%), Calcium: 257.49mg (25.75%), Magnesium: 98.51mg (24.63%), Iron: 4.39mg (24.42%), Copper: 0.46mg (23.05%), Vitamin B3: 4.43mg (22.17%), Vitamin A: 707.91IU (14.16%), Folate: 50.75µg (12.69%), Vitamin B1: 0.16mg (10.45%), Vitamin E: 1.44mg (9.62%), Vitamin C: 6.64mg (8.05%), Vitamin B5: 0.8mg (8.01%), Vitamin K: 6.35µg (6.05%), Vitamin D: 0.91µg (6.04%), Manganese: 0.09mg (4.56%)