

Cheesy Chili Mac

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce tomato sauce canned
- 14.5 ounce canned tomatoes diced canned
- 1 cup cheddar cheese grated
- 1 tablespoon chili powder
- 1 cup elbow macaroni
- 0.5 cup bell pepper diced green
- 1 teaspoon penzey's southwest seasoning italian
- 1 small onion diced
- 1.5 cups water

2 tablespoons worcestershire sauce

Equipment

sauce pan

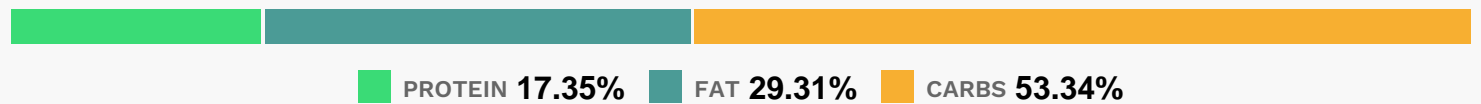
Directions

In large saucepan, over medium heat, crumble and cook sausage, onion and green peppers until sausage is browned. Stir in tomato sauce, tomatoes, water, Worcestershire sauce, chili powder and Italian seasoning. Bring to a boil. Reduce heat to low, cover and simmer for 15 minutes.

Add elbow macaroni and stir well. Recover and simmer for 15 to 20 minutes or until macaroni is tender.

Serve topped with Cheddar cheese and chopped green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:4.54, Inflammation Score:-9, Nutrition Score:20.838695811189%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 327.75kcal (16.39%), Fat: 11.1g (17.07%), Saturated Fat: 5.68g (35.5%), Carbohydrates: 45.43g (15.14%), Net Carbohydrates: 39.24g (14.27%), Sugar: 11.54g (12.82%), Cholesterol: 28.25mg (9.42%), Sodium: 975.54mg (42.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.55%), Selenium: 31.93µg (45.61%), Vitamin C: 34.3mg (41.57%), Manganese: 0.73mg (36.49%), Vitamin A: 1641.82IU (32.84%), Calcium: 289.13mg (28.91%), Phosphorus: 277.76mg (27.78%), Vitamin E: 4mg (26.66%), Potassium: 888.1mg (25.37%), Fiber: 6.19g (24.76%), Copper: 0.49mg (24.71%), Vitamin B6: 0.44mg (21.87%), Iron: 3.94mg (21.87%), Vitamin B2: 0.31mg (18.27%), Magnesium: 72.61mg (18.15%), Vitamin B3: 3.34mg (16.72%), Vitamin K: 15.89µg (15.14%), Zinc: 2.22mg (14.8%), Vitamin B1: 0.17mg (11.52%), Folate: 42.77µg (10.69%), Vitamin B5: 0.94mg (9.44%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.17µg (1.13%)