



## Cheesy Pasta Salsa Skillet

READY IN



25 min.

SERVINGS



25

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 7 oz elbow macaroni uncooked
- 1 lb ground beef
- 16 oz taco bellâ® & chunky salsa thick
- 1.3 cups sharp cheddar cheese shredded divided kraft
- 1.5 cups water
- 15.3 oz kernel corn whole drained canned

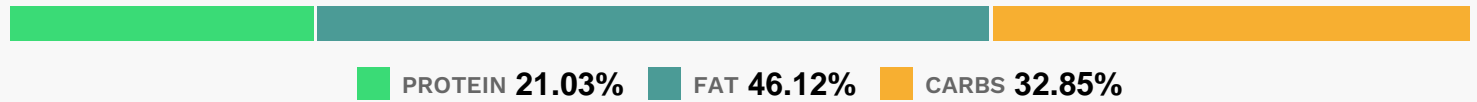
### Equipment

- frying pan

## Directions

- Brown meat in large skillet; drain.
- Add salsa and water; stir. Bring to boil. Stir in macaroni. Reduce heat to medium-low; cover. Simmer 15 minutes or until macaroni is tender.
- Add corn and 1 cup of the cheese; cook until cheese is melted and mixture is heated through, stirring occasionally.
- Sprinkle with remaining 1/4 cup cheese; cover.
- Let stand 1 minute or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:1.08, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:3.9895652001319%

## Nutrients (% of daily need)

Calories: 116.65kcal (5.83%), Fat: 5.95g (9.16%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 8.96g (3.26%), Sugar: 0.92g (1.02%), Cholesterol: 18.53mg (6.18%), Sodium: 197.5mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.21%), Selenium: 9.5µg (13.57%), Phosphorus: 82.44mg (8.24%), Zinc: 1.16mg (7.76%), Vitamin B12: 0.45µg (7.47%), Vitamin B3: 1.24mg (6.21%), Vitamin B6: 0.11mg (5.29%), Manganese: 0.11mg (5.27%), Calcium: 50.73mg (5.07%), Potassium: 137.91mg (3.94%), Vitamin B2: 0.06mg (3.82%), Magnesium: 13.58mg (3.4%), Iron: 0.58mg (3.21%), Vitamin A: 143.7IU (2.87%), Copper: 0.06mg (2.76%), Folate: 9.63µg (2.41%), Fiber: 0.58g (2.32%), Vitamin E: 0.35mg (2.31%), Vitamin B5: 0.19mg (1.85%), Vitamin B1: 0.03mg (1.7%), Vitamin K: 1.23µg (1.17%)