



Cheesy Taco Mac & Cheese

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tsp chili powder
- 0.3 tsp garlic powder
- 0.5 lb ground beef cooked drained
- 0.3 tsp ground cumin
- 7.3 oz macaroni & cheese dinner kraft
- 2 Tbsp taco bellâ® & chunky salsa thick

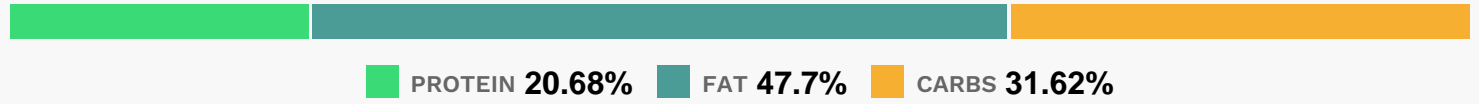
Equipment

- sauce pan

Directions

- Prepare Dinner in large saucepan as directed on pkg.
- Add remaining ingredients; mix well.
- Cook until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:3.7, Glycemic Load:3.07, Inflammation Score:-1, Nutrition Score:1.7269565095396%

Nutrients (% of daily need)

Calories: 64.63kcal (3.23%), Fat: 3.41g (5.25%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.96g (1.8%), Sugar: 0.09g (0.1%), Cholesterol: 8.05mg (2.68%), Sodium: 102.62mg (4.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Phosphorus: 59.77mg (5.98%), Zinc: 0.63mg (4.17%), Vitamin B12: 0.24µg (4.04%), Manganese: 0.06mg (2.86%), Iron: 0.51mg (2.81%), Vitamin B3: 0.53mg (2.66%), Selenium: 1.78µg (2.55%), Vitamin B6: 0.05mg (2.31%), Calcium: 18.6mg (1.86%), Vitamin A: 89.01IU (1.78%), Potassium: 61.68mg (1.76%), Magnesium: 6.22mg (1.55%), Vitamin B2: 0.02mg (1.18%), Vitamin E: 0.17mg (1.15%)