



Chicken Fiesta Chili Mac

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz chili with beans canned
- 1.5 cups elbow macaroni uncooked
- 2 cloves garlic minced
- 0.5 cup pasilla peppers green chopped
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 lb chicken breasts boneless skinless cut into strips
- 8 oz velveetaâ cut into 1/2-inch cubes
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Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F. Cook macaroni as directed on package. Meanwhile, cook chicken in large nonstick skillet sprayed with cooking spray 5 to 7 min. or until done, stirring frequently.
- Drain macaroni.
- Add to chicken in skillet along with remaining ingredients; mix well. Spoon into 13x9-inch baking dish sprayed with cooking spray.
- Bake 20 min. or until heated through. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:1.14, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.0247826070889%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 52.4kcal (2.62%), Fat: 1.1g (1.7%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 5.5g (2%), Sugar: 0.5g (0.55%), Cholesterol: 10.36mg (3.45%), Sodium: 103.27mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Selenium: 8.15µg (11.65%), Vitamin B3: 1.55mg (7.75%), Vitamin B6: 0.14mg (6.75%), Phosphorus: 59.14mg (5.91%), Manganese: 0.08mg (4.15%), Vitamin B5: 0.39mg (3.94%), Potassium: 119.67mg (3.42%), Fiber: 0.83g (3.33%), Magnesium: 12.83mg (3.21%), Iron: 0.57mg (3.16%), Zinc: 0.41mg (2.77%), Vitamin C: 2.2mg (2.66%), Copper: 0.04mg (1.97%), Vitamin B2: 0.03mg (1.84%), Vitamin B1: 0.02mg (1.49%), Vitamin A: 70.55IU (1.41%), Folate: 4.76µg (1.19%)