



Chili-Cheese Mac

READY IN



20 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce canned tomatoes diced green undrained canned
- 1 teaspoon canola oil
- 2 teaspoons chili powder
- 8 ounces elbow macaroni uncooked
- 0.5 cup skim milk fat-free
- 1 teaspoon garlic powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.8 pound ground round

- 2 cups beef broth fat-free
- 4.5 ounces sharp cheddar cheese shredded reduced-fat finely
- 1 cup water

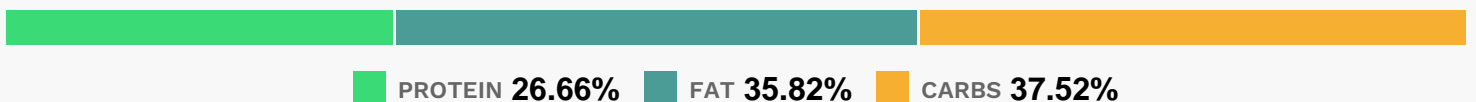
Equipment

- sauce pan
- dutch oven

Directions

- Heat a Dutch oven over medium-high heat.
- Add oil.
- Add beef and next 4 ingredients; cook 3 minutes.
- Add broth, water, and tomatoes; bring to a boil. Stir in macaroni; cover and cook 10 minutes or until macaroni is done.
- Heat milk and cream cheese in a saucepan over medium heat. Cook 4 minutes or until cheese melts, stirring frequently.
- Remove from heat. Stir in cheddar.
- Add cheese sauce to macaroni mixture; toss well to coat.

Nutrition Facts



Properties

Glycemic Index:18.04, Glycemic Load:1.46, Inflammation Score:-5, Nutrition Score:16.146086962327%

Nutrients (% of daily need)

Calories: 365.51kcal (18.28%), Fat: 14.52g (22.33%), Saturated Fat: 6.59g (41.2%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 31.65g (11.51%), Sugar: 4.26g (4.73%), Cholesterol: 58.73mg (19.58%), Sodium: 410.03mg (17.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.31g (48.61%), Selenium: 40.37µg (57.67%), Phosphorus: 317.21mg (31.72%), Zinc: 4.33mg (28.85%), Vitamin B12: 1.6µg (26.61%), Manganese: 0.48mg (23.76%), Calcium: 217.32mg (21.73%), Vitamin B3: 4.23mg (21.17%), Vitamin B6: 0.38mg (19.2%), Potassium: 644.35mg (18.41%), Iron: 2.83mg (15.72%), Vitamin B2: 0.27mg (15.6%), Copper: 0.27mg (13.29%), Magnesium: 53.11mg (13.28%), Vitamin A:

558.18IU (11.16%), Fiber: 2.56g (10.24%), Vitamin E: 1.36mg (9.06%), Vitamin B5: 0.8mg (8.02%), Vitamin B1: 0.12mg (7.84%), Folate: 21.68µg (5.42%), Vitamin C: 4.45mg (5.4%), Vitamin K: 4.71µg (4.48%), Vitamin D: 0.41µg (2.73%)