



Chili-Cheeseburger Mac-and-Cheese

 Gluten Free

READY IN



28 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz kidney beans rinsed drained canned
- ☐ 14.5 oz canned tomatoes diced with mild green chiles canned
- ☐ 12 oz shells and cheese
- ☐ 1 teaspoon chili powder
- ☐ 0.3 teaspoon cumin
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon salt

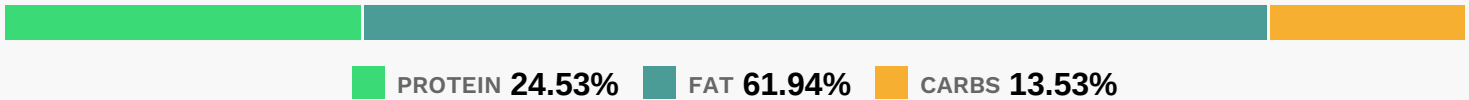
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Prepare shells and cheese according to package directions.
- ☐ Meanwhile, brown beef in a 12-inch (2 1/2-inch-deep) nonstick skillet or Dutch oven over medium-high heat, stirring often, 8 minutes or until no longer pink; drain and rinse under hot running water. Return beef to skillet; stir in chili powder, cumin, and salt. Cook 2 minutes.
- ☐ Add beans, tomatoes, and 1/4 cup water. Cook 5 to 8 minutes or until most of liquid has evaporated.
- ☐ Stir prepared pasta into beef mixture, and sprinkle with chopped fresh parsley.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Velveeta Shells & Cheese Original and Delmonte Diced Tomatoes with Zesty Mild Green Chilies.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:7.95, Inflammation Score:-8, Nutrition Score:32.391304347826%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 756.63kcal (37.83%), Fat: 52.38g (80.59%), Saturated Fat: 25.17g (157.29%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 17.92g (6.52%), Sugar: 6.82g (7.58%), Cholesterol: 165.56mg (55.19%), Sodium: 1194.87mg (51.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.67g (93.34%), Phosphorus: 717.55mg (71.76%), Calcium: 693.14mg (69.31%), Selenium: 42.98µg (61.39%), Zinc: 8.85mg (58.98%), Vitamin B12: 3.33µg

(55.47%), Vitamin K: 47.22µg (44.97%), Vitamin B2: 0.67mg (39.68%), Vitamin B6: 0.68mg (33.85%), Vitamin B3: 6.71mg (33.54%), Fiber: 7.84g (31.36%), Iron: 5.3mg (29.42%), Vitamin A: 1391.45IU (27.83%), Potassium: 972.27mg (27.78%), Manganese: 0.53mg (26.68%), Magnesium: 96.89mg (24.22%), Copper: 0.45mg (22.54%), Vitamin B1: 0.27mg (17.8%), Folate: 69.99µg (17.5%), Vitamin E: 2.62mg (17.46%), Vitamin C: 12.98mg (15.73%), Vitamin B5: 1.36mg (13.57%), Vitamin D: 0.62µg (4.16%)