



## Chili Mac

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



66 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup tomatoes diced canned drained
- 1 tsp chili powder
- 0.5 lb ground beef cooked drained
- 7.3 oz macaroni & cheese dinner kraft

## Equipment

## Directions

Prepare Dinner as directed on package.

Stir in remaining ingredients; cook until heated through, stirring occasionally.

## Nutrition Facts

 **PROTEIN 20.58%**  **FAT 46.76%**  **CARBS 32.66%**

### Properties

Glycemic Index:3.2, Glycemic Load:3.07, Inflammation Score:-1, Nutrition Score:1.9043478298446%

### Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

### Nutrients (% of daily need)

Calories: 65.55kcal (3.28%), Fat: 3.4g (5.23%), Saturated Fat: 0.88g (5.47%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 5.18g (1.88%), Sugar: 0.3g (0.33%), Cholesterol: 8.05mg (2.68%), Sodium: 105.69mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Phosphorus: 60.78mg (6.08%), Zinc: 0.63mg (4.2%), Vitamin B12: 0.24µg (4.04%), Iron: 0.57mg (3.18%), Manganese: 0.06mg (3.05%), Vitamin B3: 0.58mg (2.9%), Vitamin B6: 0.05mg (2.64%), Selenium: 1.74µg (2.49%), Potassium: 76.06mg (2.17%), Calcium: 21.11mg (2.11%), Magnesium: 6.94mg (1.74%), Vitamin B2: 0.02mg (1.45%), Vitamin C: 1.12mg (1.35%), Vitamin E: 0.18mg (1.2%), Vitamin A: 54.07IU (1.08%)