



Chili Mac

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce kidney beans drained canned
- ☐ 8 ounce tomato sauce canned
- ☐ 14.5 ounce canned tomatoes whole undrained chopped canned
- ☐ 1 tablespoon chili powder
- ☐ 4 ounces elbow macaroni cooked uncooked
- ☐ 8.8 ounce whole-kernel corn drained canned
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup bell pepper green chopped

- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground round
- ☐ 0.5 cup onion chopped
- ☐ 4 ounces sharp cheddar cheese shredded
- ☐ 6 ounce tomato paste canned
- ☐ 0.5 cup water

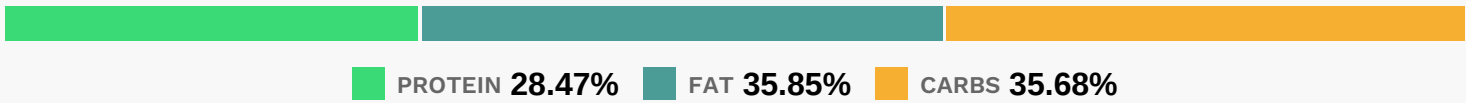
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cook first 4 ingredients in a large Dutch oven over medium-high heat until browned, stirring to crumble beef.
- ☐ Drain well; wipe drippings from pan with paper towels. Return beef mixture to pan; stir in macaroni and next 9 ingredients (macaroni through tomato paste). Bring to a boil; cover, reduce heat, and simmer 20 minutes, stirring occasionally. Spoon onto each of 8 plates; top with cheese.

Nutrition Facts



Properties

Glycemic Index:44.21, Glycemic Load:7.1, Inflammation Score:-7, Nutrition Score:17.674782563811%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 285.35kcal (14.27%), Fat: 11.71g (18.02%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 19.98g (7.27%), Sugar: 7.43g (8.25%), Cholesterol: 51.03mg (17.01%), Sodium: 578.62mg (25.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.93g (41.86%), Phosphorus: 289.81mg (28.98%), Zinc: 4.1mg (27.3%), Selenium: 18.97µg (27.1%), Fiber: 6.24g (24.96%), Vitamin B3: 4.87mg (24.37%), Vitamin B6: 0.49mg (24.29%), Manganese: 0.48mg (24.12%), Vitamin B12: 1.4µg (23.39%), Vitamin C: 18.19mg (22.05%), Potassium: 735.55mg (21.02%), Iron: 3.75mg (20.81%), Copper: 0.34mg (17.12%), Vitamin B2: 0.29mg (17.06%), Calcium: 164.64mg (16.46%), Vitamin A: 769.7IU (15.39%), Magnesium: 61.35mg (15.34%), Vitamin E: 2.08mg (13.86%), Folate: 47.84µg (11.96%), Vitamin B1: 0.18mg (11.74%), Vitamin B5: 0.92mg (9.18%), Vitamin K: 9.54µg (9.08%)