



Chili Mac

READY IN



55 min.

SERVINGS



8

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 teaspoon ancho chile powder
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 cups kidney beans red canned rinsed drained
- ☐ 1 pound cremini mushrooms finely chopped
- ☐ 2 tablespoons garlic fresh minced
- ☐ 2 cups bell pepper green chopped
- ☐ 4 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 20 ounces ground turkey breast

- ☐ 1 teaspoon kosher salt
- ☐ 4 cups lower-sodium marinara sauce
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 12 ounces wagon wheel pasta uncooked
- ☐ 1 cup cheddar cheese shredded extra-sharp
- ☐ 1 teaspoon paprika smoked

Equipment

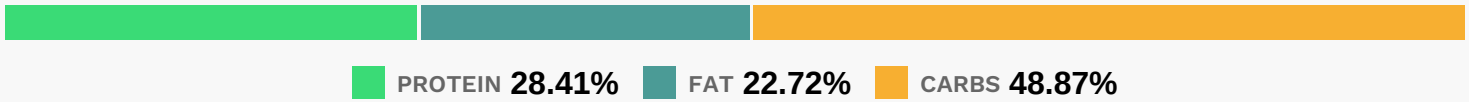
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook pasta in boiling water until almost al dente.
- ☐ Drain.
- ☐ Combine pasta and beans in a large bowl.
- ☐ Heat a large skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion, garlic, and mushrooms to pan; cook 11 minutes or until liquid almost evaporates.
- ☐ Add turkey; cook 5 minutes or until done, stirring to crumble.
- ☐ Add bell pepper and next 7 ingredients (through red pepper); cook 1 minute. Stir in marinara sauce; bring to a boil.

- ☐ Add marinara mixture to pasta mixture; toss to coat. Divide mixture evenly between 2 (2-quart) glass baking dishes coated with cooking spray. Top evenly with cheese.
- ☐ Bake at 350 for 10 minutes or until cheese melts, or follow freezing instructions.
- ☐ TO FREEZE: Spoon half of unbaked mixture into a 2-quart glass baking dish (such as a Ziploc Versa Glass large square container). Cover with lid; freeze up to 2 months.
- ☐ Remove lid; place casserole in microwave. Microwave at 30% power 30 to 40 minutes (or on defrost setting for 75 pounds).
- ☐ TO REHEAT: Cover casserole with foil; bake at 400 for 20 minutes or until a thermometer inserted in center registers 160.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:18.34, Inflammation Score:-9, Nutrition Score:30.59913009146%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg

Nutrients (% of daily need)

Calories: 437.17kcal (21.86%), Fat: 11.35g (17.47%), Saturated Fat: 3.83g (23.93%), Carbohydrates: 54.97g (18.32%), Net Carbohydrates: 47.16g (17.15%), Sugar: 10.04g (11.16%), Cholesterol: 53.11mg (17.7%), Sodium: 1128.36mg (49.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.95g (63.9%), Selenium: 63.14µg (90.2%), Vitamin B3: 11.57mg (57.84%), Vitamin B6: 1.07mg (53.7%), Vitamin C: 42.6mg (51.64%), Phosphorus: 483.92mg (48.39%), Manganese: 0.97mg (48.34%), Copper: 0.72mg (36.21%), Potassium: 1218.71mg (34.82%), Vitamin B2: 0.59mg (34.42%), Fiber: 7.81g (31.24%), Zinc: 3.76mg (25.07%), Magnesium: 98.24mg (24.56%), Iron: 4.32mg (23.98%), Vitamin B5: 2.27mg (22.66%), Vitamin A: 1074.32IU (21.49%), Vitamin E: 2.95mg (19.64%), Calcium: 187.76mg (18.78%), Vitamin B1: 0.27mg (17.95%), Folate: 65.97µg (16.49%), Vitamin K: 14.77µg (14.07%), Vitamin B12: 0.57µg (9.46%), Vitamin D: 0.42µg (2.83%)