



Chili Mac and Cheese

READY IN



30 min.

SERVINGS



6

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 7 oz rotini pasta uncooked
- ☐ 1 teaspoon chili powder
- ☐ 2.3 cups water hot
- ☐ 14.5 oz tomatoes diced with zesty mild green chiles, undrained canned
- ☐ 8 oz cheese shredded taco-flavored
- ☐ 1 serving chili powder

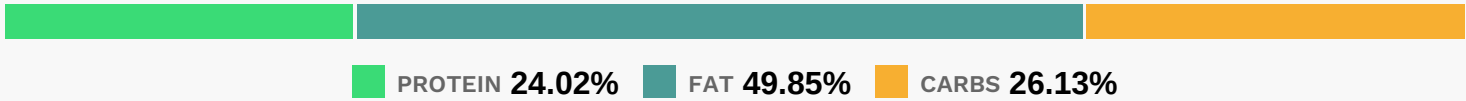
Equipment

☐ frying pan

Directions

- ☐ In 12-inch skillet, cook ground beef over medium-high heat, stirring frequently, until thoroughly cooked; drain.
- ☐ Stir in uncooked pasta, chili powder, water and tomatoes.
- ☐ Heat to boiling, stirring frequently. Reduce heat to medium-low; cover and simmer 10 to 12 minutes, stirring occasionally, until pasta is tender.
- ☐ Remove from heat; let stand uncovered 5 minutes. Stir in cheese until melted.
- ☐ Sprinkle with additional chili powder.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:10.15, Inflammation Score:-5, Nutrition Score:16.237391274908%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 441.65kcal (22.08%), Fat: 24.25g (37.31%), Saturated Fat: 10.89g (68.08%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 26.62g (9.68%), Sugar: 2.95g (3.28%), Cholesterol: 83.54mg (27.85%), Sodium: 402.98mg (17.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.59%), Selenium: 38.87µg (55.53%), Vitamin B12: 2.48µg (41.33%), Phosphorus: 330.78mg (33.08%), Zinc: 4.86mg (32.42%), Calcium: 237.54mg (23.75%), Vitamin B3: 4.36mg (21.81%), Vitamin B6: 0.4mg (19.76%), Manganese: 0.39mg (19.31%), Vitamin B2: 0.28mg (16.63%), Iron: 2.84mg (15.79%), Potassium: 448.4mg (12.81%), Magnesium: 47.36mg (11.84%), Copper: 0.21mg (10.7%), Vitamin A: 533.35IU (10.67%), Fiber: 1.98g (7.9%), Vitamin C: 6.38mg (7.73%), Vitamin E: 1.14mg (7.59%), Vitamin B1: 0.11mg (7.07%), Vitamin B5: 0.66mg (6.62%), Folate: 19.56µg (4.89%), Vitamin K: 4.95µg (4.72%), Vitamin D: 0.23µg (1.51%)