



Chili Mac and Cheese

READY IN



30 min.

SERVINGS



6

CALORIES



446 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

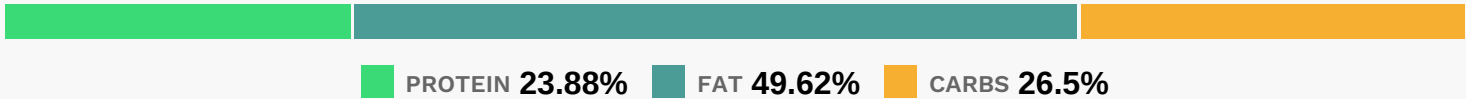
Equipment

☐ 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:-7, Nutrition Score:17.530434909074%

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

Nutrients (% of daily need)

Calories: 446.35kcal (22.32%), Fat: 24.49g (37.68%), Saturated Fat: 10.93g (68.33%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 26.87g (9.77%), Sugar: 3.07g (3.41%), Cholesterol: 83.54mg (27.85%), Sodium: 430.31mg (18.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.52g (53.04%), Selenium: 39.21µg (56.02%), Vitamin B12: 2.48µg (41.33%), Phosphorus: 335.78mg (33.58%), Zinc: 4.94mg (32.9%), Calcium: 243.04mg (24.3%), Vitamin B3: 4.56mg (22.78%), Vitamin B6: 0.43mg (21.5%), Manganese: 0.41mg (20.73%), Vitamin A: 1027.52IU (20.55%), Vitamin B2: 0.3mg (17.55%), Iron: 3.13mg (17.4%), Potassium: 480.9mg (13.74%), Magnesium: 49.84mg (12.46%), Vitamin E: 1.77mg (11.83%), Copper: 0.23mg (11.53%), Fiber: 2.56g (10.22%), Vitamin C: 6.39mg (7.74%), Vitamin B1: 0.11mg (7.35%), Vitamin B5: 0.68mg (6.77%), Vitamin K: 6.72µg (6.4%), Folate: 20.03µg (5.01%), Vitamin D: 0.23µg (1.51%)