



Chili-Mac Soup

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 5 cups water hot
- ☐ 1 box hawaiian rolls
- ☐ 1 teaspoon chili powder
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 cups canned tomatoes diced (from 28-oz can)

- ☐ 11 oz corn whole with red and green peppers, undrained canned
- ☐ 2 tablespoons olives pitted ripe sliced

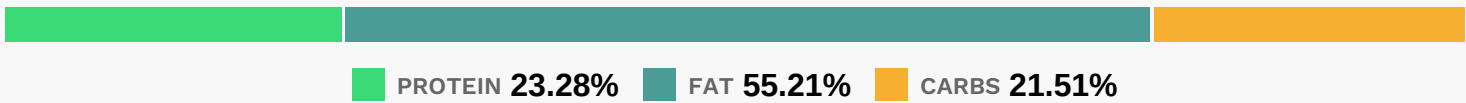
Equipment

- ☐ dutch oven

Directions

- ☐ In 4-quart Dutch oven, cook beef, onion and bell pepper over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- ☐ Stir in hot water, sauce mix (from Hamburger Helper box), chili powder, garlic salt and tomatoes.
- ☐ Heat to boiling, stirring occasionally.
- ☐ Reduce heat; cover and simmer 5 minutes, stirring occasionally. Stir in uncooked pasta (from Hamburger Helper box), corn and olives. Cover; cook 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:2, Inflammation Score:-5, Nutrition Score:12.177826010663%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 268.14kcal (13.41%), Fat: 16.57g (25.5%), Saturated Fat: 6.02g (37.62%), Carbohydrates: 14.53g (4.84%), Net Carbohydrates: 12.46g (4.53%), Sugar: 4.31g (4.79%), Cholesterol: 53.68mg (17.89%), Sodium: 494.11mg (21.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.45%), Vitamin B12: 1.62µg (26.97%), Zinc: 3.59mg (23.94%), Vitamin B3: 4.68mg (23.42%), Vitamin B6: 0.4mg (20.15%), Vitamin C: 14.29mg (17.32%), Phosphorus: 172.95mg (17.3%), Selenium: 12.03µg (17.18%), Potassium: 538.95mg (15.4%), Iron: 2.76mg (15.32%), Copper: 0.26mg (12.88%), Manganese: 0.22mg (10.81%), Vitamin E: 1.57mg (10.49%), Vitamin B2: 0.17mg (10.05%), Magnesium: 39.46mg (9.87%), Folate: 34.34µg (8.58%), Fiber: 2.07g (8.29%), Vitamin B1: 0.11mg (7.52%), Vitamin B5: 0.63mg (6.3%), Vitamin K: 6.55µg (6.23%), Vitamin A: 305.99IU (6.12%), Calcium: 54.52mg (5.45%)