



Chili Macaroni Skillet

READY IN



30 min.

SERVINGS



5

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb sausage meat
- 1 box hawaiian rolls
- 3.5 cups water hot
- 2 teaspoons chili powder
- 15 oz kidney beans dark red rinsed drained canned
- 14.5 oz tomatoes diced undrained canned
- 11 oz corn whole with red and green peppers, drained canned
- 1 serving cheddar cheese shredded
- 1 serving chili powder

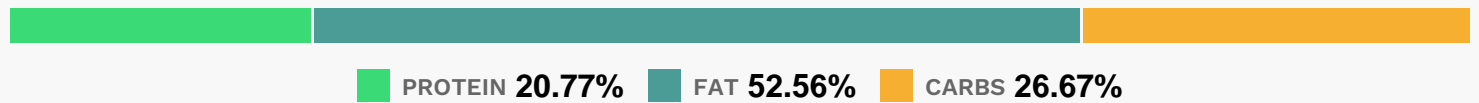
Equipment

- bowl
- frying pan

Directions

- In 12-inch skillet, cook sausage over medium-high heat, stirring occasionally, until no longer pink; drain.
- Stir in uncooked Pasta, Sauce
- Mix and remaining ingredients except cheese and additional chili powder.
- Heat to boiling, stirring frequently.
- Reduce heat; cover and simmer about 10 minutes, stirring occasionally, until pasta is tender.
- Remove from heat. Spoon into individual serving bowls; sprinkle with cheese and additional chili powder.

Nutrition Facts



Properties

Glycemic Index:29.66, Glycemic Load:4.2, Inflammation Score:-7, Nutrition Score:18.322173927141%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 472.35kcal (23.62%), Fat: 27.71g (42.63%), Saturated Fat: 9.38g (58.6%), Carbohydrates: 31.64g (10.55%), Net Carbohydrates: 24.11g (8.77%), Sugar: 2.35g (2.61%), Cholesterol: 71.32mg (23.77%), Sodium: 866.09mg (37.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.64g (49.29%), Folate: 137.92µg (34.48%), Phosphorus: 315.71mg (31.57%), Fiber: 7.54g (30.15%), Vitamin B3: 5.98mg (29.9%), Vitamin B1: 0.44mg (29.18%), Manganese: 0.53mg (26.53%), Iron: 4.67mg (25.92%), Vitamin B6: 0.5mg (25.02%), Potassium: 822.9mg (23.51%), Zinc: 3.46mg (23.05%), Copper: 0.38mg (19.12%), Magnesium: 71.99mg (18%), Vitamin B2: 0.25mg (14.88%), Vitamin

B12: 0.84µg (13.92%), Vitamin C: 10.37mg (12.57%), Vitamin A: 580.15IU (11.6%), Calcium: 110.35mg (11.03%), Vitamin K: 11.31µg (10.77%), Vitamin B5: 0.93mg (9.28%), Vitamin E: 1.26mg (8.4%), Vitamin D: 1.22µg (8.1%), Selenium: 3.1µg (4.43%)