



Chili Macaroni Skillet

READY IN



30 min.

SERVINGS



5

CALORIES



553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb sausage meat
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 1 box beef pasta skillet meal hamburger helper®
- ☐ 2 teaspoons chili powder
- ☐ 15 oz kidney beans dark red rinsed drained progresso® canned
- ☐ 3.5 cups water hot
- ☐ 11 oz corn whole with red and green peppers, drained green giant® steamcrisp® mexicorn® canned

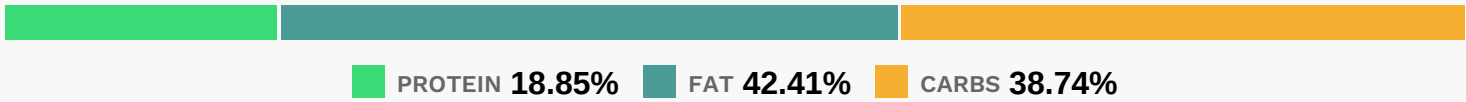
Equipment

- ☐ 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:11.86, Glycemic Load:4.1, Inflammation Score:-6, Nutrition Score:18.890869638194%

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: 553.43kcal (27.67%), Fat: 26.09g (40.14%), Saturated Fat: 8.21g (51.32%), Carbohydrates: 53.62g (17.87%), Net Carbohydrates: 45.25g (16.46%), Sugar: 4.24g (4.71%), Cholesterol: 65.32mg (21.77%), Sodium: 1609.05mg (69.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.19%), Vitamin B1: 0.65mg (43.49%), Vitamin B3: 7.48mg (37.41%), Folate: 136.36µg (34.09%), Fiber: 8.37g (33.47%), Iron: 5.28mg (29.35%), Phosphorus: 286.83mg (28.68%), Manganese: 0.52mg (26.1%), Potassium: 868.74mg (24.82%), Vitamin B6: 0.49mg (24.38%), Zinc: 3.22mg (21.46%), Vitamin B2: 0.32mg (18.94%), Copper: 0.38mg (18.81%), Magnesium: 69.72mg (17.43%), Vitamin B12: 0.77µg (12.85%), Vitamin C: 10.37mg (12.57%), Vitamin K: 10.74µg (10.23%), Vitamin B5: 0.9mg (9%), Vitamin A: 401.43IU (8.03%), Vitamin D: 1.18µg (7.86%), Vitamin E: 1.06mg (7.08%), Calcium: 66.32mg (6.63%), Selenium: 1.27µg (1.81%)