



WHATSheATE



Chili Macaroni Skillet



Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



574 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb sausage meat
- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 1 box pepper flakes
- ☐ 2 teaspoons chili powder
- ☐ 5 servings chili powder
- ☐ 15 oz kidney beans dark red rinsed drained canned
- ☐ 5 servings cheddar cheese shredded
- ☐ 3.5 cups water hot

☐

11 oz corn whole with red and green peppers, drained canned

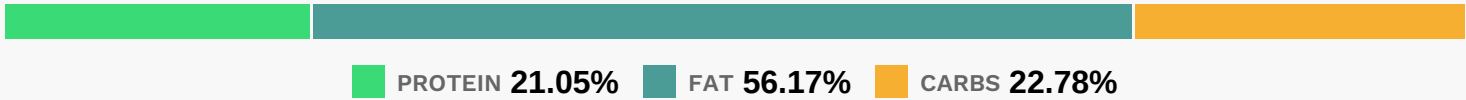
Equipment

- ☐ 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:26.26, Glycemic Load:4.3, Inflammation Score:-8, Nutrition Score:22.524347637011%

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: 574.3kcal (28.72%), Fat: 36.09g (55.53%), Saturated Fat: 14.02g (87.63%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 24.85g (9.04%), Sugar: 2.54g (2.82%), Cholesterol: 95.32mg (31.77%), Sodium: 1048.32mg (45.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.87%), Phosphorus: 430.32mg (43.03%), Folate: 143.26µg (35.82%), Fiber: 8.09g (32.37%), Vitamin B3: 6.17mg (30.86%), Vitamin B1: 0.45mg (29.85%), Zinc: 4.41mg (29.38%), Calcium: 285.05mg (28.5%), Manganese: 0.56mg (27.97%), Iron: 4.98mg

(27.65%), Vitamin B6: 0.55mg (27.56%), Vitamin A: 1296.93IU (25.94%), Potassium: 872.98mg (24.94%), Vitamin B2: 0.37mg (21.96%), Copper: 0.41mg (20.32%), Magnesium: 80.85mg (20.21%), Vitamin B12: 1.09µg (18.15%), Selenium: 10.16µg (14.52%), Vitamin E: 2.05mg (13.67%), Vitamin K: 13.6µg (12.95%), Vitamin C: 10.67mg (12.93%), Vitamin B5: 1.04mg (10.42%), Vitamin D: 1.36µg (9.06%)