



Chili Pasta Skillet

READY IN



30 min.

SERVINGS



30

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup triple cheddar cheese shredded with a touch of philadelphia, divided kraft
- 1 Tbsp chili powder
- 1 lb extra-lean ground beef
- 1 cup corn kernels fresh
- 4 cloves garlic chopped
- 1 small onion chopped
- 3 cups rigatoni pasta uncooked
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 large tomatoes coarsely chopped

1 large zucchini coarsely chopped

Equipment

frying pan

Directions

Cook pasta as directed on package, omitting salt.

Meanwhile, brown meat with onions and garlic in large skillet.

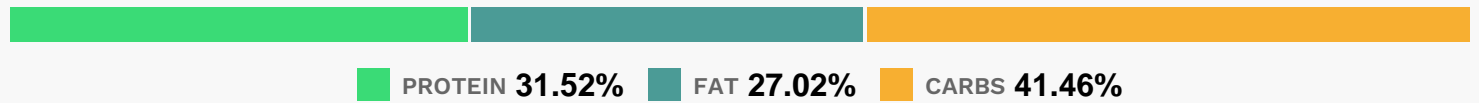
Add zucchini, corn and chili powder; cook 7 min. or until vegetables are tender, stirring occasionally. Stir in tomatoes and salsa; cook 3 min. or until heated through, stirring occasionally.

Drain pasta.

Add to meat mixture; mix lightly. Stir in 1/2 cup cheese.

Serve topped with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:5.97, Glycemic Load:2, Inflammation Score:-2, Nutrition Score:3.8434782267913%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 65.12kcal (3.26%), Fat: 1.97g (3.03%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 6.11g (2.22%), Sugar: 1.19g (1.32%), Cholesterol: 12.2mg (4.07%), Sodium: 63.67mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Selenium: 7.43µg (10.62%), Zinc: 1.05mg (7.02%), Phosphorus: 67.54mg (6.75%), Vitamin B12: 0.37µg (6.14%), Vitamin B3: 1.19mg (5.95%), Vitamin B6: 0.12mg (5.88%), Manganese: 0.11mg (5.49%), Vitamin C: 3.47mg (4.2%), Vitamin A: 209.36IU (4.19%), Potassium: 144.79mg (4.14%), Vitamin B2: 0.06mg (3.49%), Iron: 0.6mg (3.33%), Magnesium: 13.04mg (3.26%), Calcium: 28.37mg (2.84%), Fiber: 0.69g (2.75%), Copper: 0.05mg (2.47%), Folate: 8.66µg (2.16%), Vitamin B5: 0.21mg (2.13%), Vitamin

B1: 0.03mg (2.07%), Vitamin E: 0.27mg (1.83%), Vitamin K: 1.56µg (1.48%)