



## Chuckwagon Chili Mac

READY IN



20 min.

SERVINGS



20

CALORIES



103 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 15 oz kidney beans rinsed canned
- 14 oz canned tomatoes undrained canned
- 0.3 cup milk cheddar cheese shredded 2% kraft
- 1 Tbsp chili powder
- 0.3 cup knudsen cream light sour
- 1 lb extra-lean ground beef
- 1 tsp ground cumin
- 7.3 oz macaroni & cheese dinner kraft

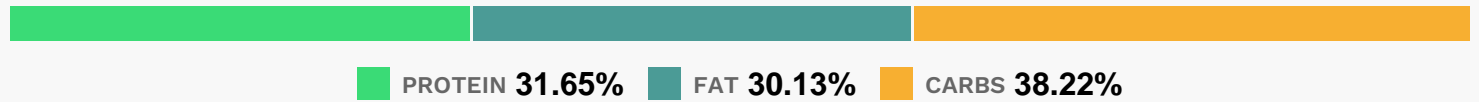
# Equipment

frying pan

# Directions

- Prepare Dinner as directed on package, using the Light Prep directions.
- Meanwhile, brown meat with chili powder and cumin in large nonstick skillet on medium heat.
- Add tomatoes and beans; simmer 3 min., stirring occasionally.
- Stir in prepared dinner; cook 3 to 5 min. or until heated through, stirring occasionally. Top with sour cream and cheese.

# Nutrition Facts



# Properties

Glycemic Index:9.3, Glycemic Load:4.54, Inflammation Score:-2, Nutrition Score:5.3991304182488%

# Nutrients (% of daily need)

Calories: 103.37kcal (5.17%), Fat: 3.49g (5.37%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 9.96g (3.32%), Net Carbohydrates: 8.3g (3.02%), Sugar: 1.31g (1.46%), Cholesterol: 17.29mg (5.76%), Sodium: 196.54mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.49%), Phosphorus: 127.02mg (12.7%), Zinc: 1.58mg (10.56%), Vitamin B12: 0.54µg (9.07%), Vitamin B3: 1.65mg (8.24%), Manganese: 0.16mg (7.95%), Iron: 1.42mg (7.88%), Vitamin B6: 0.15mg (7.33%), Selenium: 5.04µg (7.2%), Potassium: 231.31mg (6.61%), Fiber: 1.65g (6.61%), Magnesium: 20.68mg (5.17%), Calcium: 50.83mg (5.08%), Vitamin B2: 0.08mg (4.59%), Copper: 0.09mg (4.56%), Vitamin A: 193.98IU (3.88%), Vitamin B1: 0.05mg (3.36%), Vitamin E: 0.5mg (3.32%), Folate: 10.18µg (2.55%), Vitamin C: 2.04mg (2.47%), Vitamin B5: 0.24mg (2.4%), Vitamin K: 2.48µg (2.37%)