



## Easy Salsa Beef Skillet

READY IN



30 min.

SERVINGS



4

CALORIES



645 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup four cheese shredded mexican style kraft finely
- 2 cups regular corn frozen
- 1 green onion chopped
- 1 lb ground beef lean
- 14 oz deluxe macaroni & cheese dinner kraft
- 1 cup taco bellâ® & chunky salsa thick
- 2 cups water

## Equipment

frying pan

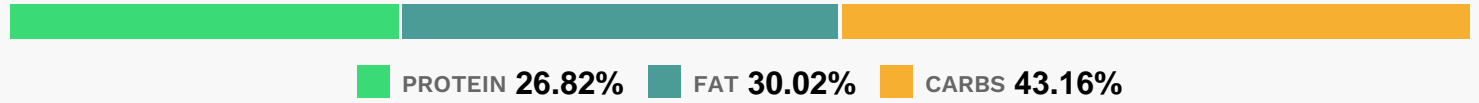
## Directions

Brown meat in large skillet; drain. Return to skillet.

Add water, salsa and Macaroni; stir. Bring to boil; cover. Simmer on low heat 10 min. or until macaroni is tender, stirring occasionally. Stir in corn and Cheese Sauce; cook 2 min. or until heated through, stirring frequently.

Top with shredded cheese and onions.

## Nutrition Facts



## Properties

Glycemic Index:30.75, Glycemic Load:29.77, Inflammation Score:-6, Nutrition Score:24.115652141364%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 645.05kcal (32.25%), Fat: 21.83g (33.59%), Saturated Fat: 5.38g (33.61%), Carbohydrates: 70.63g (23.54%), Net Carbohydrates: 67.07g (24.39%), Sugar: 2.59g (2.88%), Cholesterol: 84.43mg (28.14%), Sodium: 1364.19mg (59.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.9g (87.8%), Phosphorus: 770.87mg (77.09%), Zinc: 8.31mg (55.41%), Vitamin B12: 2.69µg (44.83%), Vitamin B3: 8.37mg (41.84%), Vitamin B6: 0.72mg (35.91%), Selenium: 24.99µg (35.7%), Manganese: 0.69mg (34.39%), Iron: 5.65mg (31.41%), Potassium: 1017.23mg (29.06%), Calcium: 281.15mg (28.12%), Magnesium: 100.43mg (25.11%), Vitamin B2: 0.34mg (20.04%), Fiber: 3.56g (14.23%), Vitamin B5: 1.16mg (11.62%), Folate: 46.16µg (11.54%), Vitamin B1: 0.16mg (10.66%), Copper: 0.2mg (9.89%), Vitamin A: 486.74IU (9.73%), Vitamin C: 7.74mg (9.38%), Vitamin K: 9.62µg (9.16%), Vitamin E: 1.23mg (8.22%), Vitamin D: 0.2µg (1.32%)