



Fajita Macaroni and Cheese

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounces elbow macaroni cooked drained
- ☐ 0.5 cup green onions divided sliced
- ☐ 1.5 pounds ground beef
- ☐ 31 ounce salsa con queso
- ☐ 1.4 ounce fajita seasoning mix
- ☐ 4.5 ounce taco shells crushed

Equipment

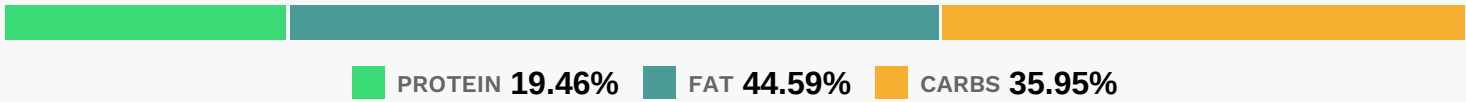
- ☐ oven

☐ baking pan

Directions

- ☐ Brown ground beef in a large skillet, stirring until it crumbles; drain. Stir in macaroni, 1/4 cup green onions, seasoning mix, and salsa con queso; pour into a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with crushed taco shells.
- ☐ Bake at 350 for 30 minutes or until thoroughly heated.
- ☐ Sprinkle with remaining 1/4 cup green onions.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:14.5, Inflammation Score:-6, Nutrition Score:19.846956639186%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 428.52kcal (21.43%), Fat: 21.45g (32.99%), Saturated Fat: 7.86g (49.12%), Carbohydrates: 38.91g (12.97%), Net Carbohydrates: 32.57g (11.84%), Sugar: 5.09g (5.66%), Cholesterol: 60.38mg (20.13%), Sodium: 832.1mg (36.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.06g (42.11%), Vitamin K: 51.3µg (48.85%), Selenium: 29.74µg (42.49%), Manganese: 0.66mg (33.18%), Vitamin B12: 1.82µg (30.33%), Zinc: 4.48mg (29.86%), Vitamin B6: 0.58mg (29.19%), Vitamin B3: 5.61mg (28.07%), Iron: 4.57mg (25.41%), Fiber: 6.34g (25.35%), Phosphorus: 249.23mg (24.92%), Potassium: 654.6mg (18.7%), Vitamin E: 2.77mg (18.49%), Magnesium: 69.02mg (17.26%), Calcium: 149.71mg (14.97%), Vitamin A: 676.71IU (13.53%), Vitamin B2: 0.22mg (12.72%), Copper: 0.23mg (11.73%), Folate: 41.08µg (10.27%), Vitamin B1: 0.13mg (8.87%), Vitamin B5: 0.76mg (7.63%), Vitamin C: 3.38mg (4.09%)