



Fiesta Chili Mac

READY IN



35 min.

SERVINGS



35

CALORIES



67 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz black beans rinsed drained canned
- 0.8 cup elbow macaroni uncooked
- 1 clove garlic minced
- 1 lb ground beef lean
- 16 oz taco bellâ® & chunky mild salsa thick
- 8 oz taco bellâ® taco sauce
- 1.5 cups water

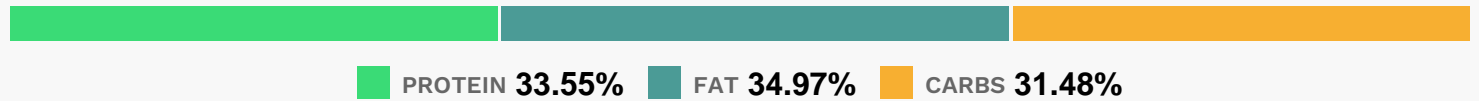
Equipment

sauce pan

Directions

- Cook meat and garlic in 3-quart saucepan over medium heat 8 to 10 minutes or until meat is evenly browned; drain.
- Add remaining ingredients; mix well. Bring to a boil. Reduce heat to low. Cover; simmer 15 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:0.86, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.4626087002132%

Nutrients (% of daily need)

Calories: 67.03kcal (3.35%), Fat: 2.6g (4%), Saturated Fat: 1.41g (8.83%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.1g (1.49%), Sugar: 0.65g (0.73%), Cholesterol: 14.19mg (4.73%), Sodium: 180.26mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.23%), Selenium: 5.41µg (7.73%), Phosphorus: 77.11mg (7.71%), Zinc: 0.99mg (6.6%), Vitamin B12: 0.37µg (6.17%), Calcium: 52.84mg (5.28%), Vitamin B3: 0.99mg (4.96%), Fiber: 1.17g (4.68%), Vitamin B6: 0.09mg (4.48%), Iron: 0.67mg (3.74%), Manganese: 0.07mg (3.73%), Potassium: 128.24mg (3.66%), Vitamin B2: 0.06mg (3.65%), Magnesium: 12.38mg (3.1%), Copper: 0.05mg (2.69%), Folate: 9.96µg (2.49%), Vitamin A: 105.4IU (2.11%), Vitamin B1: 0.03mg (2.08%), Vitamin B5: 0.16mg (1.61%), Vitamin E: 0.21mg (1.43%)