



## Fiesta Mac

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 oz regular corn frozen thawed
- 1 large bell pepper green chopped
- 1 lb ground beef lean
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.8 cup taco bellâ® & chunky salsa thick

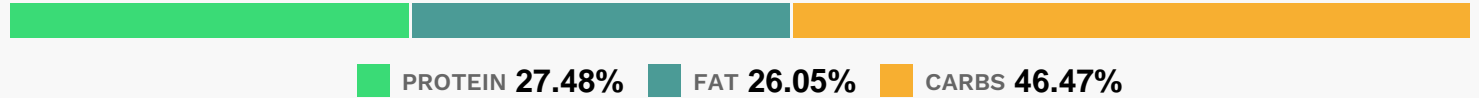
## Equipment

- frying pan
- sauce pan

## Directions

- Prepare Dinner in large saucepan as directed on package, cooking Macaroni for just 8 min.
- Meanwhile, brown meat with peppers in skillet; drain.
- Add meat mixture, corn and salsa to prepared Dinner; mix well. Cook until heated through, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:4.93, Glycemic Load:7.93, Inflammation Score:-2, Nutrition Score:6.3195652838634%

## Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 154.28kcal (7.71%), Fat: 4.53g (6.96%), Saturated Fat: 0.71g (4.45%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 17.22g (6.26%), Sugar: 0.76g (0.84%), Cholesterol: 18.75mg (6.25%), Sodium: 309.19mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.49%), Phosphorus: 186.12mg (18.61%), Zinc: 2.06mg (13.7%), Vitamin C: 10.4mg (12.6%), Vitamin B12: 0.68µg (11.29%), Vitamin B3: 2.18mg (10.89%), Vitamin B6: 0.2mg (9.99%), Manganese: 0.19mg (9.26%), Iron: 1.49mg (8.27%), Selenium: 5.53µg (7.9%), Potassium: 264.99mg (7.57%), Magnesium: 24.74mg (6.19%), Calcium: 46.58mg (4.66%), Vitamin B2: 0.07mg (4.27%), Fiber: 0.95g (3.8%), Vitamin B5: 0.29mg (2.87%), Vitamin B1: 0.04mg (2.84%), Folate: 10.69µg (2.67%), Copper: 0.05mg (2.43%), Vitamin A: 103.61IU (2.07%), Vitamin E: 0.28mg (1.89%), Vitamin K: 1.45µg (1.38%)