



 **32%**
HEALTH SCORE

Instant Pot Chili Mac

READY IN



14 min.

SERVINGS



6

CALORIES



566 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tbsp olive oil
- 1 lb ground beef lean
- 1 medium onion
- 1 medium bell pepper red
- 0.5 tsp ground pepper
- 1 tsp garlic powder
- 1 tbsp cumin
- 1 tbsp chili powder
- 1 tsp pepper black

- 1 tsp pepper white
- 1 tsp oregano
- 3 cups chicken broth
- 28 oz canned tomatoes crushed
- 14 oz beans red canned drained
- 2 cups monterrey jack cheese
- 2 cups elbow macaroni uncooked

Equipment

- pressure cooker
- instant pot

Directions

- Turn on the pressure cooker and place on sauté mode. Once heated, add the olive oil, onion, and bell pepper. Sauté for 3 minutes.
- Add in the ground beef and continue to stir until the beef is thoroughly cooked.
- Add in the seasonings. Stir.
- Add crushed tomatoes and kidney beans and mix well.
- Pour in chicken broth and macaroni noodles. Stir the mixture until well combined.
- Hit the cancel button on the Instant Pot.
- Securely place the lid on the pressure cooker and lock the lid in place. Set the vent to seal and start the manual cook time for 4 minutes.
- Once the cooking time is finished, carefully place the valve to vent and allow the pressure pin to drop before unlocking the lid to the Instant Pot.
- Remove the lid and stir the chili mac recipe well.
- Mix in the cheese.
- Add your favorite toppings and serve.

Nutrition Facts



■ PROTEIN 27.11% ■ FAT 30.84% ■ CARBS 42.05%

Properties

Glycemic Index:42.5, Glycemic Load:6.78, Inflammation Score:-9, Nutrition Score:32.378695652174%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 565.8kcal (28.29%), Fat: 19.64g (30.21%), Saturated Fat: 9.55g (59.68%), Carbohydrates: 60.24g (20.08%), Net Carbohydrates: 51.03g (18.56%), Sugar: 10.76g (11.95%), Cholesterol: 82.74mg (27.58%), Sodium: 1084.23mg (47.14%), Protein: 38.84g (77.67%), Selenium: 50.72µg (72.45%), Manganese: 1.11mg (55.64%), Phosphorus: 546mg (54.6%), Vitamin C: 39.74mg (48.17%), Zinc: 6.71mg (44.72%), Calcium: 393.76mg (39.38%), Vitamin B6: 0.77mg (38.62%), Vitamin B3: 7.63mg (38.17%), Fiber: 9.21g (36.86%), Iron: 6.58mg (36.55%), Vitamin B12: 2.03µg (33.83%), Vitamin A: 1675.17IU (33.5%), Potassium: 1107.12mg (31.63%), Vitamin B2: 0.52mg (30.67%), Copper: 0.61mg (30.4%), Magnesium: 111.24mg (27.81%), Vitamin E: 3.38mg (22.51%), Vitamin B1: 0.31mg (20.34%), Folate: 67.65µg (16.91%), Vitamin K: 17.39µg (16.56%), Vitamin B5: 1.34mg (13.38%), Vitamin D: 0.3µg (2.01%)