



Mac-a-Taco

READY IN



25 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup milk cheddar cheese shredded 2% kraft
- 0.5 lb ground beef lean
- 7.3 oz macaroni & cheese dinner kraft
- 0.5 cup taco bellâ® & chunky salsa thick
- 8 taco bellâ® crunchy taco shells
- 0.5 cup tomatoes chopped
- 1.5 cups water

Equipment

frying pan

Directions

- Brown meat in large skillet on medium-high heat; drain.
- Add Macaroni, water, salsa and Cheese Sauce
- Mix; mix well. Bring to boil. Cook on medium-low heat 15 min., stirring occasionally.
- Spoon into taco shells.
- Top evenly with shredded cheese and tomatoes.

Nutrition Facts



PROTEIN 22.33% **FAT 38.39%** **CARBS 39.28%**

Properties

Glycemic Index:49.25, Glycemic Load:24.9, Inflammation Score:-5, Nutrition Score:13.865652112857%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 433.95kcal (21.7%), Fat: 18.45g (28.39%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 40.06g (14.57%), Sugar: 2.13g (2.37%), Cholesterol: 49.28mg (16.43%), Sodium: 819.72mg (35.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.14g (48.28%), Phosphorus: 448.66mg (44.87%), Zinc: 4.56mg (30.43%), Vitamin B12: 1.42µg (23.66%), Manganese: 0.44mg (22.17%), Selenium: 15.31µg (21.87%), Calcium: 217.1mg (21.71%), Vitamin B3: 4.05mg (20.23%), Vitamin B6: 0.35mg (17.64%), Iron: 3.02mg (16.76%), Magnesium: 61.49mg (15.37%), Potassium: 491.71mg (14.05%), Vitamin B2: 0.19mg (10.98%), Fiber: 2.42g (9.67%), Vitamin A: 456.76IU (9.14%), Folate: 26.45µg (6.61%), Vitamin B1: 0.1mg (6.5%), Vitamin E: 0.93mg (6.18%), Copper: 0.12mg (6.09%), Vitamin K: 5.41µg (5.15%), Vitamin B5: 0.5mg (5.05%), Vitamin C: 3.17mg (3.84%)