



Macaroni and Cheese with Ground Beef, Salsa and Green Chiles



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 4.5 ounce chilies green chopped canned
- ☐ 1 pound ground beef lean
- ☐ 1 cup salsa (your choice of hotness)
- ☐ 0.1 teaspoon salt and pepper black to taste

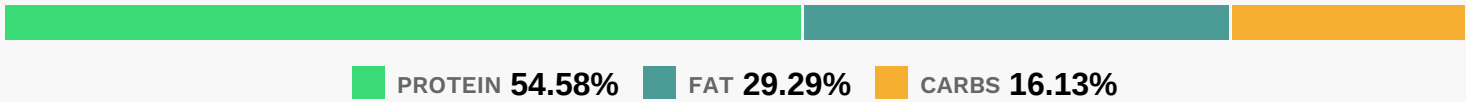
Equipment

☐ frying pan

Directions

- ☐ Follow basic recipe for Creamy Macaroni and Cheese, but use pepper Jack cheese, not cheddar.
- ☐ Heat a 10-inch skillet over medium-high heat. Cook ground beef, seasoning lightly with salt and pepper, until most of the liquid evaporates, about 5 minutes. Stir in chili powder, salsa and chilies; simmer, 2 to 3 minutes.
- ☐ Add cilantro, then stir mixture into macaroni.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:5.1326086806214%

Flavonoids

Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 62.9kcal (3.14%), Fat: 2.03g (3.12%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 1.53g (0.56%), Sugar: 1.23g (1.37%), Cholesterol: 23.44mg (7.81%), Sodium: 237.79mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.5g (17%), Vitamin B12: 0.85µg (14.11%), Zinc: 2mg (13.32%), Vitamin B3: 2.4mg (12%), Vitamin B6: 0.2mg (10.04%), Selenium: 6.91µg (9.87%), Phosphorus: 83.94mg (8.39%), Vitamin A: 324.16IU (6.48%), Iron: 1.11mg (6.18%), Potassium: 201.43mg (5.76%), Vitamin B2: 0.07mg (4.39%), Vitamin E: 0.63mg (4.22%), Fiber: 0.98g (3.93%), Magnesium: 12.65mg (3.16%), Vitamin B5: 0.29mg (2.94%), Vitamin K: 2.76µg (2.63%), Copper: 0.05mg (2.53%), Vitamin C: 1.78mg (2.16%), Manganese: 0.04mg (2.05%), Vitamin B1: 0.03mg (1.66%), Calcium: 11.91mg (1.19%)