



Mexi-Mac

READY IN



35 min.

SERVINGS



4

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings avocado sliced
- ☐ 14.5 ounce canned tomatoes whole peeled canned
- ☐ 1 tablespoon chili powder
- ☐ 1.5 cups elbow macaroni cooked
- ☐ 1 cup kernel corn whole frozen
- ☐ 1 pound ground beef
- ☐ 1 cup picante sauce pace®
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 4 servings cup heavy whipping cream sour

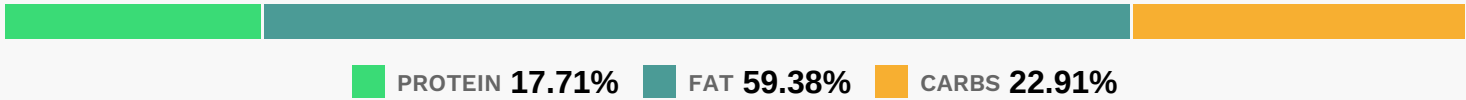
Equipment

☐ frying pan

Directions

- ☐ Cook the beef in a 10-inch skillet over medium-high heat until it's well browned, stirring often to separate meat.
- ☐ Pour off any fat.
- ☐ Stir the picante sauce, chili powder, tomatoes and corn in the skillet and heat to a boil. Reduce the heat to low and cook for 10 minutes. Stir the pasta in the skillet and sprinkle with the cheese. Cover and heat until the cheese melts.
- ☐ Garnish with avocado and sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:8.4, Inflammation Score:-8, Nutrition Score:29.72391312537%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 682.08kcal (34.1%), Fat: 46.08g (70.89%), Saturated Fat: 15.01g (93.82%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 29.46g (10.71%), Sugar: 6.48g (7.2%), Cholesterol: 101.72mg (33.91%), Sodium: 846.88mg (36.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.85%), Selenium: 36.81µg (52.58%), Vitamin B6: 0.93mg (46.7%), Zinc: 6.67mg (44.47%), Vitamin B3: 8.75mg (43.73%), Vitamin B12: 2.6µg (43.36%), Fiber: 10.54g (42.15%), Phosphorus: 397.13mg (39.71%), Potassium: 1283.55mg (36.67%), Vitamin E: 4.97mg (33.15%), Vitamin K: 31.38µg (29.89%), Folate: 118.56µg (29.64%), Vitamin B2: 0.49mg (28.97%), Vitamin A: 1387.53IU (27.75%), Manganese: 0.53mg (26.64%), Iron: 4.74mg (26.34%), Vitamin C: 21.55mg (26.12%), Vitamin B5: 2.39mg

(23.86%), Copper: 0.46mg (23.16%), Magnesium: 90.9mg (22.73%), Calcium: 205.48mg (20.55%), Vitamin B1: 0.21mg (14.16%), Vitamin D: 0.2µg (1.32%)