



Mexican Gump

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced with green chile peppers, drained canned
- ☐ 1 pound ground beef
- ☐ 1 cup macaroni dry
- ☐ 1 small onion chopped
- ☐ 1 pound processed cheese cubed
- ☐ 11 ounce kernel corn whole drained canned

Equipment

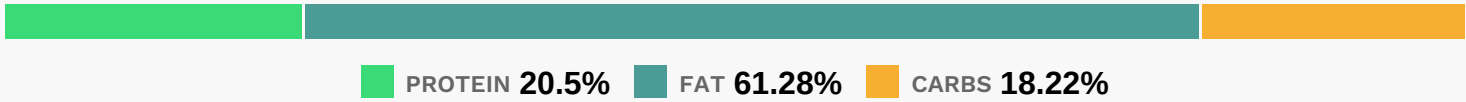
- ☐ frying pan

☐ pot

Directions

- ☐ Bring a pot of water to a boil.
- ☐ Add macaroni, and cook until tender, about 8 minutes.
- ☐ Drain.
- ☐ While the macaroni is cooking, crumble the ground beef into a skillet over medium-high heat.
- ☐ Add the onion, and cook and stir until browned.
- ☐ Drain off the grease. Reduce the heat to medium, and mix in the corn, tomatoes, cheese and cooked noodles. Cook, stirring gently, until bubbly.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.75, Inflammation Score:-5, Nutrition Score:15.017826152884%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 444.98kcal (22.25%), Fat: 30.13g (46.35%), Saturated Fat: 14.71g (91.96%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 18.42g (6.7%), Sugar: 3.18g (3.54%), Cholesterol: 96.96mg (32.32%), Sodium: 1168.11mg (50.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.67g (45.34%), Calcium: 608.26mg (60.83%), Phosphorus: 496.35mg (49.64%), Selenium: 28.3µg (40.42%), Vitamin B12: 2.06µg (34.4%), Zinc: 4.09mg (27.27%), Vitamin B3: 2.98mg (14.89%), Vitamin B2: 0.23mg (13.69%), Vitamin B6: 0.24mg (12.14%), Vitamin A: 535.98IU (10.72%), Iron: 1.73mg (9.62%), Magnesium: 36.5mg (9.12%), Manganese: 0.18mg (9.12%), Potassium: 315.19mg (9.01%), Fiber: 1.74g (6.95%), Vitamin C: 5.56mg (6.74%), Folate: 23.83µg (5.96%), Vitamin B5: 0.58mg (5.8%), Copper: 0.11mg (5.7%), Vitamin E: 0.7mg (4.68%), Vitamin B1: 0.05mg (3.64%), Vitamin D: 0.4µg (2.65%), Vitamin K: 2.54µg (2.42%)