



Mexican Pasta Skillet

READY IN



30 min.

SERVINGS



6

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups elbow macaroni uncooked
- ☐ 1 lb ground beef 93% (at least)
- ☐ 1 cup corn frozen
- ☐ 16 oz salsa organic
- ☐ 2 oz sharp cheddar cheese shredded reduced-fat
- ☐ 1 cup tomato sauce organic (from 15-oz can)
- ☐ 1.5 cups water

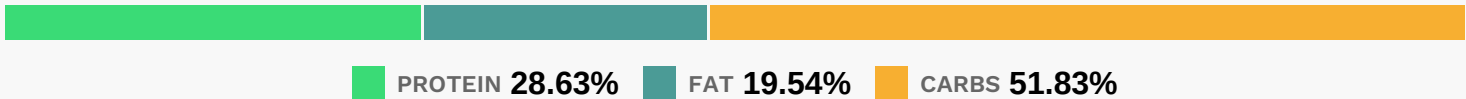
Equipment

☐ frying pan

Directions

- ☐ In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain.
- ☐ Stir in salsa, tomato sauce and water.
- ☐ Heat to boiling. Stir in macaroni and corn. Reduce heat; cover and simmer 12 to 15 minutes, stirring occasionally, until macaroni is tender.
- ☐ Sprinkle with cheese. Cover; let stand 1 to 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:19.262173854786%

Nutrients (% of daily need)

Calories: 373.93kcal (18.7%), Fat: 8.18g (12.58%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 48.8g (16.27%), Net Carbohydrates: 44.57g (16.21%), Sugar: 5.61g (6.23%), Cholesterol: 56.32mg (18.77%), Sodium: 808.31mg (35.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.91%), Selenium: 46.47µg (66.38%), Zinc: 5.29mg (35.28%), Phosphorus: 340.31mg (34.03%), Vitamin B3: 6.67mg (33.33%), Manganese: 0.61mg (30.45%), Vitamin B12: 1.79µg (29.89%), Vitamin B6: 0.59mg (29.57%), Potassium: 770.08mg (22%), Iron: 3.32mg (18.43%), Magnesium: 70.77mg (17.69%), Fiber: 4.24g (16.95%), Copper: 0.32mg (15.79%), Vitamin B2: 0.27mg (15.67%), Vitamin A: 635.47IU (12.71%), Vitamin E: 1.84mg (12.29%), Calcium: 113.17mg (11.32%), Vitamin B5: 1.09mg (10.85%), Vitamin B1: 0.14mg (9.35%), Folate: 31.86µg (7.97%), Vitamin C: 6.27mg (7.61%), Vitamin K: 4.82µg (4.59%)