



One-Pan Taco Beef and Noodle Skillet

READY IN



30 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup knudsen cream sour
- 1 lb ground beef lean
- 1 cup lettuce shredded
- 7.3 oz macaroni & cheese dinner kraft
- 1.3 oz taco bellâ® taco seasoning mix
- 1 large tomatoes chopped
- 1 cup tortilla chips crushed
- 2 cups water

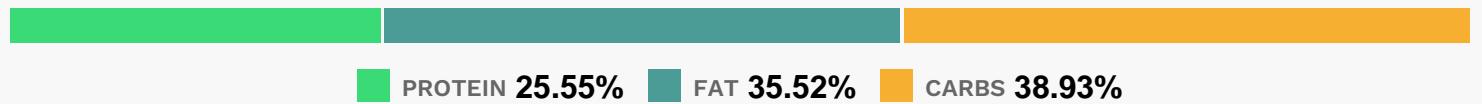
Equipment

frying pan

Directions

- Brown meat in large nonstick skillet on medium-high heat; drain.
- Add seasoning mix, water and Macaroni; mix well. Bring to boil; cover. Simmer on medium-low heat 7 min. or until macaroni is tender and most of the liquid is absorbed.
- Add sour cream and Cheese Sauce
- Mix; mix well.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:15.91, Inflammation Score:-8, Nutrition Score:20.154347637425%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 527.99kcal (26.4%), Fat: 20.94g (32.21%), Saturated Fat: 5.31g (33.19%), Carbohydrates: 51.65g (17.22%), Net Carbohydrates: 47.67g (17.33%), Sugar: 4.09g (4.55%), Cholesterol: 81.62mg (27.21%), Sodium: 1293.43mg (56.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.89g (67.78%), Phosphorus: 519.21mg (51.92%), Zinc: 7.02mg (46.77%), Vitamin B12: 2.58µg (43.01%), Vitamin B3: 6.78mg (33.91%), Selenium: 21.72µg (31.03%), Vitamin A: 1420.73IU (28.41%), Iron: 5.01mg (27.82%), Vitamin B6: 0.55mg (27.39%), Potassium: 703.08mg (20.09%), Magnesium: 75.93mg (18.98%), Manganese: 0.33mg (16.47%), Fiber: 3.98g (15.92%), Vitamin B2: 0.25mg (14.59%), Calcium: 145.88mg (14.59%), Vitamin K: 14.57µg (13.88%), Vitamin C: 10.9mg (13.21%), Vitamin B5: 1.19mg (11.9%), Vitamin E: 1.68mg (11.22%), Copper: 0.17mg (8.45%), Vitamin B1: 0.11mg (7.65%), Folate: 22.31µg (5.58%)