



## One-Pot Salsa Beef Skillet

READY IN



25 min.

SERVINGS



25

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb extra-lean ground beef
- 2 cups regular corn frozen thawed drained
- 1 green onion chopped
- 14 oz deluxe macaroni & cheese dinner made 2% with milk cheese kraft
- 1 cup taco bell® & chunky salsa thick
- 0.5 cup milk four cheese shredded 2% mexican style kraft finely
- 2 cups water

### Equipment

frying pan

## Directions

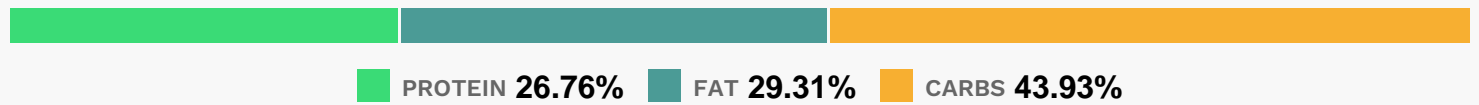
Brown meat in large skillet; drain.

Add water, salsa and Macaroni; stir. Bring to boil; cover. Simmer on low heat 10 min. or until macaroni is tender, stirring occasionally.

Add corn and Cheese Sauce; stir. Cook 2 min. or until heated through.

Top with cheese and onions.

## Nutrition Facts



## Properties

Glycemic Index:4.92, Glycemic Load:4.78, Inflammation Score:-1, Nutrition Score:3.9491305228161%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 101.94kcal (5.1%), Fat: 3.37g (5.18%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 10.79g (3.92%), Sugar: 0.41g (0.45%), Cholesterol: 13.92mg (4.64%), Sodium: 237.69mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.85%), Phosphorus: 123.1mg (12.31%), Zinc: 1.33mg (8.89%), Vitamin B12: 0.46µg (7.62%), Vitamin B3: 1.37mg (6.84%), Vitamin B6: 0.13mg (6.3%), Manganese: 0.11mg (5.53%), Selenium: 3.81µg (5.44%), Iron: 0.92mg (5.11%), Potassium: 162.88mg (4.65%), Calcium: 43.8mg (4.38%), Vitamin B2: 0.07mg (4.11%), Magnesium: 16.03mg (4.01%), Fiber: 0.57g (2.28%), Vitamin B5: 0.21mg (2.06%), Vitamin B1: 0.03mg (1.97%), Folate: 7.87µg (1.97%), Copper: 0.03mg (1.59%), Vitamin C: 1.24mg (1.5%), Vitamin K: 1.54µg (1.47%), Vitamin A: 67.89IU (1.36%), Vitamin E: 0.19mg (1.24%)