



## One-Pot Salsa Beef Skillet

READY IN



30 min.

SERVINGS



30

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 lb extra-lean ground beef
- 2 cups regular corn frozen
- 1 green onion chopped
- 7.3 oz macaroni & cheese dinner 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.

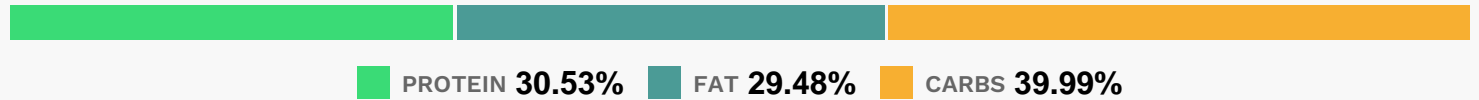
Add water, salsa and Macaroni; stir. Bring to boil; cover. Simmer on low heat 10 min. or until macaroni is tender, stirring occasionally.

Add corn and Cheese Sauce

Mix; stir. Cook 2 min. or until heated through.

Top with cheese and onions.

## Nutrition Facts



## Properties

Glycemic Index:4.1, Glycemic Load:2.08, Inflammation Score:-1, Nutrition Score:2.9808695646732%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 63.64kcal (3.18%), Fat: 2.13g (3.27%), Saturated Fat: 0.69g (4.3%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 6.02g (2.19%), Sugar: 0.34g (0.38%), Cholesterol: 11.6mg (3.87%), Sodium: 149.21mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Phosphorus: 77.64mg (7.76%), Zinc: 1.03mg (6.85%), Vitamin B12: 0.38µg (6.35%), Vitamin B3: 1.14mg (5.7%), Vitamin B6: 0.11mg (5.25%), Selenium: 3.17µg (4.53%), Iron: 0.63mg (3.53%), Potassium: 123.17mg (3.52%), Vitamin B2: 0.06mg (3.42%), Manganese: 0.06mg (3.11%), Magnesium: 11.19mg (2.8%), Calcium: 27.25mg (2.72%), Fiber: 0.47g (1.9%), Vitamin B5: 0.17mg (1.71%), Vitamin B1: 0.02mg (1.64%), Folate: 6.56µg (1.64%), Copper: 0.03mg (1.33%), Vitamin C: 1.03mg (1.25%), Vitamin K: 1.28µg (1.22%), Vitamin A: 56.58IU (1.13%), Vitamin E: 0.15mg (1.03%)