



One-Pot Salsa Beef Skillet

READY IN



22 min.

SERVINGS



4

CALORIES



465 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup tex mex cheese shredded kraft
- ☐ 2 cups regular corn frozen
- ☐ 1 green onion chopped
- ☐ 1 pound ground beef lean
- ☐ 200 g dinner extra creamy macaroni and cheese kraft
- ☐ 1 cup salsa
- ☐ 2 cups water

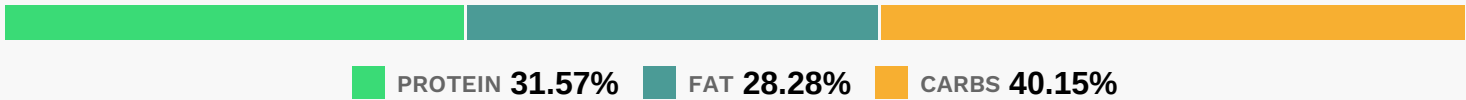
Equipment

☐ frying pan

Directions

- ☐ Brown meat in large skillet on medium-high heat; drain. Return to skillet.
- ☐ Add water, salsa and Macaroni; stir. Bring to boil. Reduce heat to low; cover. Simmer 10 minutes or until macaroni is tender, stirring occasionally.
- ☐ Add corn and Cheese Sauce
- ☐ Mix; stir. Cook 2 minutes or until heated through.
- ☐ Top with cheese and onions.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:15.06, Inflammation Score:-6, Nutrition Score:21.349999982378%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 465.02kcal (23.25%), Fat: 14.91g (22.93%), Saturated Fat: 4.51g (28.16%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 44.07g (16.02%), Sugar: 2.69g (2.99%), Cholesterol: 81.37mg (27.12%), Sodium: 982.54mg (42.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.44g (74.89%), Phosphorus: 563.27mg (56.33%), Zinc: 7.56mg (50.41%), Vitamin B12: 2.86µg (47.66%), Vitamin B3: 8.38mg (41.88%), Vitamin B6: 0.71mg (35.68%), Selenium: 23.37µg (33.39%), Potassium: 920.03mg (26.29%), Iron: 4.67mg (25.97%), Manganese: 0.46mg (22.96%), Magnesium: 82.68mg (20.67%), Vitamin B2: 0.32mg (18.71%), Calcium: 180.61mg (18.06%), Fiber: 3.56g (14.23%), Vitamin B5: 1.12mg (11.23%), Folate: 44.17µg (11.04%), Vitamin B1: 0.16mg (10.67%), Copper: 0.19mg (9.73%), Vitamin C: 7.74mg (9.38%), Vitamin K: 9.6µg (9.14%), Vitamin A: 439.85IU (8.8%), Vitamin E: 1.15mg (7.69%), Vitamin D: 0.17µg (1.13%)