



Pasta and Bean Skillet

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounces tomato sauce canned
- 2 teaspoons chili powder
- 2 ounces elbow macaroni uncooked
- 2 cups kidney beans red rinsed drained (from 19-oz can)
- 1 cup salsa (any variety)
- 2 ounces cheddar cheese shredded
- 0.8 cup water

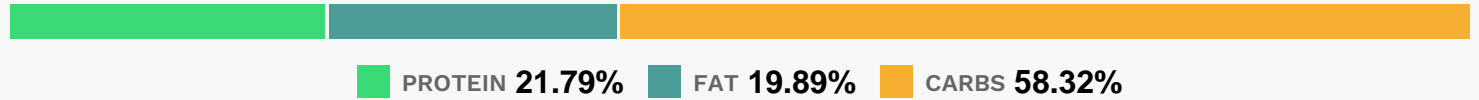
Equipment

frying pan

Directions

- Heat all ingredients except cheese to boiling in 10-inch nonstick skillet; reduce heat.
- Cover and simmer about 15 minutes, stirring frequently, until macaroni is tender.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:25.82, Glycemic Load:5.33, Inflammation Score:-8, Nutrition Score:16.35086950271%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg, Quercetin: 6.04mg

Nutrients (% of daily need)

Calories: 258.09kcal (12.9%), Fat: 5.91g (9.1%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 39g (13%), Net Carbohydrates: 29.63g (10.77%), Sugar: 5.28g (5.86%), Cholesterol: 14.17mg (4.72%), Sodium: 809.09mg (35.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.15%), Fiber: 9.37g (37.48%), Manganese: 0.7mg (35.23%), Folate: 128.56µg (32.14%), Phosphorus: 256.49mg (25.65%), Selenium: 15.16µg (21.66%), Potassium: 754.78mg (21.57%), Iron: 3.8mg (21.11%), Vitamin A: 996.04IU (19.92%), Copper: 0.38mg (19.22%), Magnesium: 71.35mg (17.84%), Vitamin B6: 0.33mg (16.35%), Calcium: 158.74mg (15.87%), Vitamin E: 2.14mg (14.26%), Vitamin B1: 0.2mg (13.16%), Zinc: 1.97mg (13.13%), Vitamin K: 13.16µg (12.54%), Vitamin B2: 0.19mg (11.14%), Vitamin B3: 2.17mg (10.83%), Vitamin C: 6.27mg (7.6%), Vitamin B5: 0.63mg (6.3%), Vitamin B12: 0.15µg (2.5%)