



Skillet Beefy Chili Mac

READY IN



25 min.

SERVINGS



4

CALORIES



605 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef lean
- 1.5 cups elbow macaroni uncooked
- 15.5 oz chili beans sauce undrained canned
- 14.5 oz canned tomatoes chili-style undrained canned
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 cup cheddar cheese shredded

Equipment

frying pan

sauce pan

Directions

Cook macaroni as directed on package.

Drain; return to saucepan. Cover to keep warm.

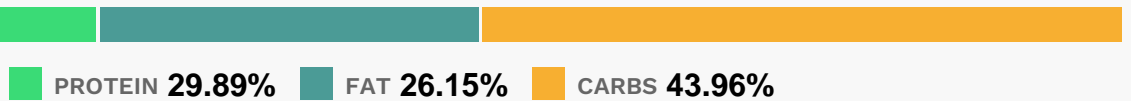
Meanwhile, brown ground beef in 12-inch nonstick skillet over medium-high heat for 5 to 7 minutes or until thoroughly cooked, stirring frequently.

Drain.

Reduce heat to medium. Stir in cooked macaroni, beans, tomatoes, salt and pepper. Cook an additional 3 to 5 minutes or until bubbly, stirring frequently.

Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:2.31, Inflammation Score:-7, Nutrition Score:31.671304459157%

Nutrients (% of daily need)

Calories: 605.15kcal (30.26%), Fat: 17.46g (26.86%), Saturated Fat: 8.32g (52.02%), Carbohydrates: 66.03g (22.01%), Net Carbohydrates: 57.75g (21%), Sugar: 11.78g (13.09%), Cholesterol: 98.56mg (32.85%), Sodium: 1340.21mg (58.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.9g (89.8%), Selenium: 62.96µg (89.94%), Zinc: 10.03mg (66.84%), Phosphorus: 655.4mg (65.54%), Vitamin B6: 0.99mg (49.48%), Vitamin B12: 2.85µg (47.51%), Vitamin B3: 8.79mg (43.95%), Potassium: 1328.33mg (37.95%), Iron: 6.82mg (37.88%), Copper: 0.71mg (35.75%), Manganese: 0.7mg (35%), Fiber: 8.28g (33.11%), Vitamin B2: 0.56mg (32.77%), Magnesium: 130.61mg (32.65%), Calcium: 290.6mg (29.06%), Folate: 63µg (15.75%), Vitamin B1: 0.22mg (14.87%), Vitamin E: 2.1mg (14.02%), Vitamin C: 11.32mg (13.72%), Vitamin B5: 1.36mg (13.58%), Vitamin A: 517.88IU (10.36%), Vitamin K: 7.16µg (6.82%), Vitamin D: 0.28µg (1.89%)