



Skillet Chili Mac

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 teaspoons chili powder
- 4 servings toppings: cream fresh sour chopped
- 1 pound turkey sausage sweet italian
- 2 cups chicken broth low-sodium
- 2 tablespoons oil
- 1.8 cups chunky tomatillo salsa
- 0.3 cup tomato paste
- 12 oz velveeta shells & cheese dinner

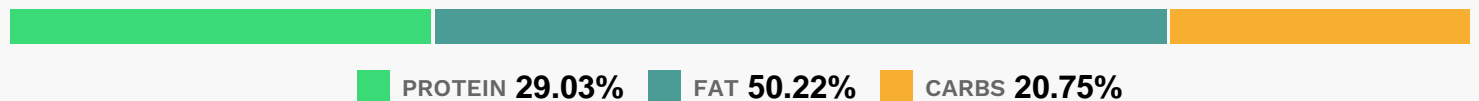
Equipment

- frying pan
- paper towels

Directions

- Remove and discard casing from sausage; cut into 1/2-inch slices.
- Cook sausage in hot oil in a large skillet over medium-high heat, stirring occasionally, 8 to 10 minutes or until lightly browned.
- Drain well on paper towels, and return to skillet.
- Add chili powder, stirring to coat sausage. Stir in chicken broth and tomato paste, stirring to loosen particles from bottom of skillet.
- Stir in shell macaroni; return to boil. Reduce heat to medium-low; cover, and simmer, stirring occasionally, 8 to 10 minutes or until shells are tender.
- Stir in cheese sauce from packet and tomatillo salsa; simmer, uncovered, 5 minutes or until thoroughly heated.
- Serve immediately with desired toppings.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.09, Inflammation Score:-9, Nutrition Score:26.14434772989%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 510.77kcal (25.54%), Fat: 28.37g (43.65%), Saturated Fat: 10.66g (66.6%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 24.42g (8.88%), Sugar: 19.24g (21.38%), Cholesterol: 95.82mg (31.94%), Sodium: 3289.22mg (143.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.91g (73.81%), Phosphorus: 1131.97mg (113.2%), Iron: 11.87mg (65.96%), Calcium: 525.15mg (52.51%), Vitamin C: 41.93mg (50.83%), Vitamin B2: 0.82mg (48.04%), Vitamin A: 2095.28IU (41.91%), Selenium: 26.2µg (37.42%), Zinc: 4.79mg (31.91%), Vitamin B3: 6.38mg (31.88%), Potassium: 1000.2mg (28.58%), Vitamin B6: 0.5mg (24.75%), Vitamin E: 2.22mg (14.78%), Copper: 0.25mg

(12.68%), Vitamin B12: 0.61µg (10.09%), Magnesium: 37.55mg (9.39%), Vitamin B5: 0.93mg (9.34%), Fiber: 1.96g (7.82%), Vitamin K: 7.96µg (7.58%), Manganese: 0.14mg (6.87%), Vitamin B1: 0.09mg (6.15%), Folate: 11.31µg (2.83%)