



 **13%**
HEALTH SCORE

Skillet Chili Mac

READY IN



45 min.

SERVINGS



6

CALORIES



579 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 t canola oil
- 1 lb ground beef lean
- 1 onion chopped fine
- 1 T chili powder
- 2 t ground cumin
- 0.1 t ground pepper to taste (, I used)
- 6 servings salt and pepper
- 3 garlic clove minced
- 1 T brown sugar

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- 2 c water
- 8 oz .5 oz. macaroni whole
- 8 oz .5 oz. macaroni whole
- 2 c cheddar cheese shredded

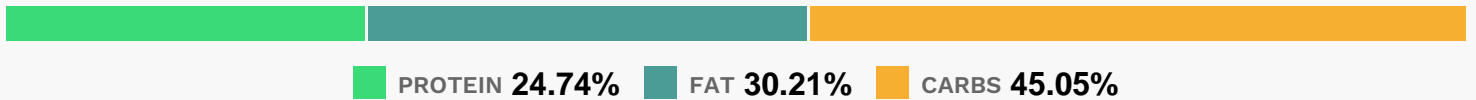
Equipment

- frying pan

Directions

- Heat the oil in a large (12 inch) nonstick skillet over medium-high heat.
- Add the ground beef, onion, chili powder, cumin, cayenne and 1/2 t. salt. Cook, breaking up meat into small pieces, until it loses all the pink color, about 5 minutes.
- Add garlic and cook until fragrant, about 30 seconds or so.
- Add brown sugar, tomato sauce, water and macaroni. Bring to a boil. Cover and cook, stirring often and adjusting the heat so that it maintains a lively simmer (somewhere between medium/medium-high heat), until the macaroni is tender, about 10 minutes or so. Season with salt & pepper if needed.
- Off heat, stir in half the cheese.
- Sprinkle the remaining cheese on top.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:22.36%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 578.81kcal (28.94%), Fat: 19.22g (29.58%), Saturated Fat: 9.28g (57.99%), Carbohydrates: 64.48g (21.49%), Net Carbohydrates: 61.17g (22.25%), Sugar: 6.93g (7.7%), Cholesterol: 84.54mg (28.18%), Sodium: 523.61mg (22.77%), Protein: 35.42g (70.85%), Selenium: 72.26µg (103.22%), Phosphorus: 480.29mg (48.03%), Zinc: 6.44mg (42.96%), Manganese: 0.8mg (40.1%), Vitamin B12: 2.09µg (34.88%), Calcium: 312.38mg (31.24%), Vitamin B3: 5.68mg (28.41%), Vitamin B6: 0.5mg (25.18%), Vitamin B2: 0.35mg (20.87%), Iron: 3.61mg (20.07%), Magnesium: 74.71mg (18.68%), Copper: 0.33mg (16.73%), Vitamin A: 797.33IU (15.95%), Potassium: 535.98mg (15.31%), Fiber: 3.31g (13.23%), Vitamin B5: 1.02mg (10.15%), Vitamin E: 1.32mg (8.81%), Vitamin B1: 0.13mg (8.6%), Folate: 29.35µg (7.34%), Vitamin K: 3.58µg (3.41%), Vitamin C: 1.91mg (2.32%), Vitamin D: 0.3µg (2.01%)