



Southwestern Cavatappi

READY IN



30 min.

SERVINGS



30

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups cavatappi pasta uncooked
- 1 cup milk cheddar cheese shredded 2% divided kraft
- 1 tsp chili powder
- 0.3 cup cilantro leaves chopped
- 1 lb extra-lean ground beef
- 1 Tbsp juice of lime
- 11 oz no-salt-added corn drained canned
- 16 oz taco bellâ® & chunky salsa thick
- 1 zucchini chopped

Equipment

- bowl
- frying pan

Directions

- Brown meat in large skillet sprayed with cooking spray; drain. Stir in salsa, zucchini and chili powder; simmer on low heat 10 min., stirring occasionally. Meanwhile, cook pasta as directed on package.
- Stir corn and 1/2 cup cheese into meat mixture; cook 3 min. or until cheese is melted, stirring frequently.
- Drain pasta; place in large bowl.
- Add meat mixture, lime juice and cilantro; mix lightly. Top with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:3.87, Glycemic Load:1.85, Inflammation Score:-3, Nutrition Score:5.5260869316433%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 126.41kcal (6.32%), Fat: 7.53g (11.59%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.12g (2.59%), Sugar: 2.02g (2.24%), Cholesterol: 13.14mg (4.38%), Sodium: 138mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Vitamin B3: 2.51mg (12.54%), Manganese: 0.24mg (12.01%), Selenium: 8.08µg (11.55%), Phosphorus: 101.08mg (10.11%), Zinc: 1.31mg (8.73%), Vitamin E: 1.25mg (8.36%), Vitamin B6: 0.16mg (7.79%), Magnesium: 28.64mg (7.16%), Vitamin B12: 0.38µg (6.31%), Potassium: 185.69mg (5.31%), Vitamin B2: 0.08mg (4.51%), Copper: 0.09mg (4.44%), Fiber: 1.09g (4.35%), Iron: 0.73mg (4.06%), Calcium: 40.08mg (4.01%), Folate: 14µg (3.5%), Vitamin A: 159.32IU (3.19%), Vitamin B5: 0.29mg (2.95%), Vitamin B1: 0.04mg (2.46%), Vitamin C: 1.64mg (1.99%), Vitamin K: 1.6µg (1.52%)