



Spicy Salsa Twists

READY IN



45 min.

SERVINGS



5

CALORIES



576 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 servings tortilla chips sour
- ☐ 1 pound ground beef drained
- ☐ 0.5 cup milk
- ☐ 8 oz rotini pasta cooked
- ☐ 1 cup salsa
- ☐ 1 cup cheddar cheese shredded divided
- ☐ 10.8 oz canned tomatoes canned

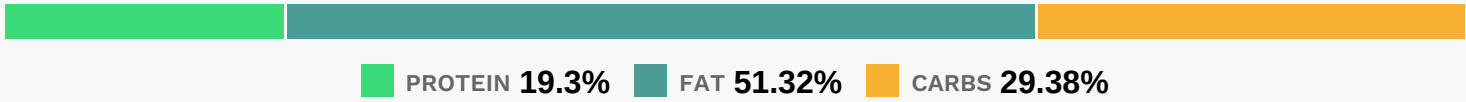
Equipment

☐ frying pan

Directions

- ☐ Combine browned beef, rotini, soup, salsa, milk and 1/2 cup cheese in a large skillet.
- ☐ Cook over medium heat until heated through and cheese is melted; sprinkle with remaining cheese.
- ☐ Serve with sour cream and tortilla chips, if desired.

Nutrition Facts



Properties

Glycemic Index:30.3, Glycemic Load:8.22, Inflammation Score:-6, Nutrition Score:20.248260943786%

Nutrients (% of daily need)

Calories: 575.68kcal (28.78%), Fat: 33.1g (50.92%), Saturated Fat: 12.66g (79.1%), Carbohydrates: 42.62g (14.21%), Net Carbohydrates: 38.2g (13.89%), Sugar: 6.38g (7.09%), Cholesterol: 89.94mg (29.98%), Sodium: 731.73mg (31.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.01g (56.02%), Selenium: 34.51µg (49.3%), Phosphorus: 396.94mg (39.69%), Vitamin B12: 2.31µg (38.54%), Zinc: 5.61mg (37.39%), Vitamin B6: 0.58mg (28.94%), Vitamin B3: 5.62mg (28.08%), Calcium: 274.26mg (27.43%), Iron: 3.81mg (21.18%), Vitamin B2: 0.34mg (20.27%), Vitamin E: 2.97mg (19.77%), Potassium: 682.61mg (19.5%), Magnesium: 76.13mg (19.03%), Fiber: 4.42g (17.69%), Manganese: 0.33mg (16.43%), Copper: 0.28mg (14.05%), Vitamin B5: 1.3mg (12.97%), Vitamin A: 647.47IU (12.95%), Vitamin K: 13.52µg (12.87%), Vitamin B1: 0.17mg (11.43%), Vitamin C: 6.6mg (7.99%), Folate: 27.64µg (6.91%), Vitamin D: 0.49µg (3.3%)