



Taco Supper Skillet

READY IN



35 min.

SERVINGS



4

CALORIES



628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz pinto beans rinsed drained canned
- 1 tablespoon chives fresh chopped
- 1.5 cups corn frozen
- 0.5 lb ground beef 80% lean (at least)
- 5.5 oz soup noodles uncooked
- 4 oz cheddar cheese shredded
- 0.5 cup cream sour
- 1 oz taco seasoning
- 0.8 cup tomatoes chopped

2.3 cups water

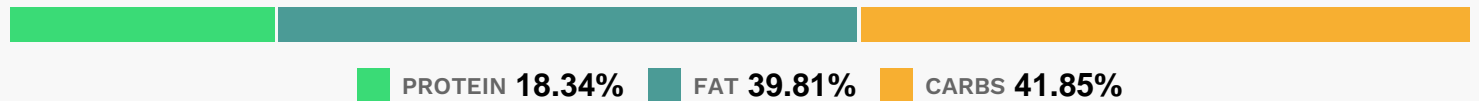
Equipment

frying pan

Directions

- In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until brown; drain.
- Stir seasoning mix, water, uncooked pasta, corn, beans and tomato into beef.
- Heat to boiling; stir. Reduce heat to medium-low. Cover; cook 10 to 15 minutes, stirring occasionally, until pasta is desired doneness and most of the liquid has been absorbed.
- Stir in sour cream.
- Remove from heat.
- Sprinkle with cheese and chives. Cover; let stand 2 to 3 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:17.24, Inflammation Score:-8, Nutrition Score:23.7017390728%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 627.61kcal (31.38%), Fat: 28.28g (43.51%), Saturated Fat: 13.01g (81.33%), Carbohydrates: 66.92g (22.31%), Net Carbohydrates: 57.36g (20.86%), Sugar: 5.28g (5.86%), Cholesterol: 85.57mg (28.52%), Sodium: 1102.54mg (47.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.63%), Selenium: 42.73µg (61.04%), Phosphorus: 473.73mg (47.37%), Manganese: 0.84mg (41.98%), Fiber: 9.56g (38.23%), Zinc: 5.15mg (34.32%), Calcium: 307.78mg (30.78%), Vitamin A: 1395.88IU (27.92%), Vitamin B12: 1.57µg (26.24%), Magnesium: 100.43mg (25.11%), Vitamin B6: 0.48mg (24.13%), Potassium: 841.54mg (24.04%), Iron: 4.22mg (23.45%), Vitamin B3: 4.6mg (22.98%), Vitamin B2: 0.36mg (21.07%), Copper: 0.4mg (20.23%), Folate: 73.91µg (18.48%), Vitamin C: 12.91mg

(15.65%), Vitamin B1: 0.2mg (13.56%), Vitamin B5: 1.02mg (10.19%), Vitamin E: 1.36mg (9.04%), Vitamin K: 8.21µg (7.82%), Vitamin D: 0.23µg (1.51%)