



Tex-Mex Cheddar Mac

READY IN



20 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup milk cheddar cheese shredded 2% kraft
- 1 lb extra-lean ground beef
- 7.3 oz macaroni & cheese dinner kraft
- 1 cup taco bell® & chunky salsa thick

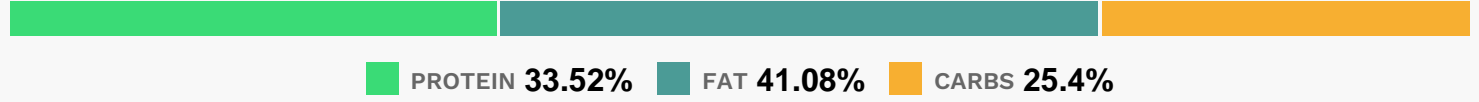
Equipment

- frying pan

Directions

- Prepare Dinner as directed on package.
- Meanwhile, brown meat in large skillet on medium heat. Stir in salsa; simmer 5 min., stirring occasionally.
- Add Dinner to meat mixture; mix lightly. Top with shredded cheese.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:15.53, Inflammation Score:-5, Nutrition Score:19.16260875308%

Nutrients (% of daily need)

Calories: 461.09kcal (23.05%), Fat: 20.88g (32.12%), Saturated Fat: 7.99g (49.93%), Carbohydrates: 29.05g (9.68%), Net Carbohydrates: 27.88g (10.14%), Sugar: 2.57g (2.86%), Cholesterol: 98.56mg (32.85%), Sodium: 1079.6mg (46.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.34g (76.68%), Phosphorus: 575.62mg (57.56%), Zinc: 7.61mg (50.71%), Vitamin B12: 2.84µg (47.33%), Selenium: 28.31µg (40.44%), Vitamin B3: 6.97mg (34.86%), Calcium: 302.64mg (30.26%), Vitamin B6: 0.58mg (28.92%), Iron: 4.08mg (22.67%), Potassium: 683.04mg (19.52%), Vitamin B2: 0.33mg (19.29%), Manganese: 0.33mg (16.46%), Magnesium: 59.8mg (14.95%), Vitamin A: 595.07IU (11.9%), Vitamin B5: 0.98mg (9.76%), Vitamin E: 1.32mg (8.82%), Copper: 0.14mg (6.94%), Vitamin B1: 0.08mg (5.16%), Fiber: 1.17g (4.68%), Vitamin K: 3.75µg (3.57%), Folate: 14.2µg (3.55%), Vitamin D: 0.28µg (1.89%), Vitamin C: 1.24mg (1.5%)