



Tex-Mex Pasta Salad

READY IN



95 min.

SERVINGS



10

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds extra ground beef lean
- 16 ounce fusilli pasta
- 6 green onions chopped
- 0.8 cup pickled jalapeño peppers chopped
- 2 tablespoons olive oil
- 8 ounce ranch dressing
- 24 ounce mild salsa
- 1 teaspoon salt
- 8 ounce cheddar cheese shredded

1.3 ounce taco seasoning

Equipment

bowl

frying pan

pot

Directions

Fill a large pot with water; pour in the olive oil and salt. Bring to a rolling boil over high heat. Stir in the fusilli, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 9 minutes.

Drain and set aside.

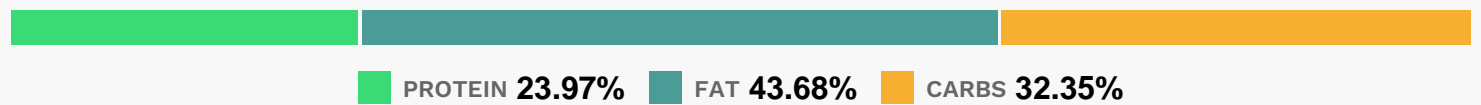
Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink.

Drain and discard any excess grease.

Mix in taco seasoning mix, remove from heat, and cool completely.

Combine salsa, ranch dressing, bell peppers, green onions, jalapenos, and black olives in a medium bowl. Toss together the cooked pasta, cooled beef mixture, Cheddar cheese, and dressing mixture in a large bowl. Cover and refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:13.3, Glycemic Load:13.95, Inflammation Score:-7, Nutrition Score:23.553478225418%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 538.03kcal (26.9%), Fat: 25.99g (39.99%), Saturated Fat: 8.51g (53.18%), Carbohydrates: 43.31g (14.44%), Net Carbohydrates: 39.59g (14.4%), Sugar: 6.05g (6.73%), Cholesterol: 84.82mg (28.27%), Sodium: 1381.46mg

(60.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.19%), Selenium: 52.35µg (74.78%), Vitamin K: 51.95µg (49.47%), Phosphorus: 437.6mg (43.76%), Zinc: 6.3mg (42.01%), Vitamin B12: 2.31µg (38.52%), Vitamin B3: 6.67mg (33.33%), Vitamin B6: 0.59mg (29.75%), Manganese: 0.53mg (26.62%), Calcium: 209.6mg (20.96%), Vitamin A: 1039.44IU (20.79%), Iron: 3.52mg (19.55%), Vitamin B2: 0.33mg (19.13%), Potassium: 659.24mg (18.84%), Vitamin E: 2.49mg (16.61%), Magnesium: 63.92mg (15.98%), Fiber: 3.72g (14.87%), Vitamin C: 12.25mg (14.84%), Copper: 0.27mg (13.31%), Vitamin B5: 1.22mg (12.17%), Vitamin B1: 0.12mg (7.9%), Folate: 27.52µg (6.88%), Vitamin D: 0.25µg (1.66%)