



Tex-Mex Shells and Cheese

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 oz canned tomatoes diced mexican-style undrained canned
- 1 lb ground beef lean
- 1 cup cheddar cheese shredded kraft
- 12 oz velveeta shells & cheese dinner
- 1.3 cups water

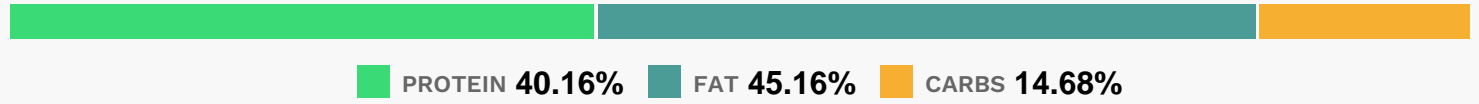
Equipment

- frying pan

Directions

- Brown meat in nonstick skillet; drain.
- Stir in Shells, tomatoes and water. Bring to boil; cover. Simmer on medium-low heat 15 min.
- Add Cheese Sauce; stir until blended. Top with shredded cheese.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:1.48, Inflammation Score:-6, Nutrition Score:18.836956335151%

Nutrients (% of daily need)

Calories: 327.45kcal (16.37%), Fat: 16.38g (25.2%), Saturated Fat: 9.37g (58.56%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 10.72g (3.9%), Sugar: 7.79g (8.66%), Cholesterol: 89.52mg (29.84%), Sodium: 1162.09mg (50.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.77g (65.54%), Phosphorus: 837.71mg (83.77%), Calcium: 489.38mg (48.94%), Zinc: 6.13mg (40.9%), Vitamin B2: 0.61mg (35.75%), Vitamin B12: 1.89µg (31.55%), Selenium: 18.88µg (26.97%), Vitamin B3: 4.97mg (24.86%), Vitamin B6: 0.41mg (20.43%), Potassium: 665.5mg (19.01%), Vitamin A: 887.71IU (17.75%), Iron: 2.77mg (15.38%), Copper: 0.19mg (9.67%), Magnesium: 35.44mg (8.86%), Vitamin E: 1.18mg (7.87%), Vitamin B5: 0.75mg (7.47%), Vitamin C: 6.14mg (7.45%), Manganese: 0.13mg (6.52%), Vitamin B1: 0.09mg (5.74%), Fiber: 1.26g (5.03%), Folate: 16.33µg (4.08%), Vitamin K: 4.18µg (3.99%), Vitamin D: 0.19µg (1.26%)