



Tex-Mex Taco Pasta Skillet

READY IN



30 min.

SERVINGS



30

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 oz canned tomatoes diced green undrained canned
- 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- 1.5 cups elbow macaroni uncooked
- 1 lb extra-lean ground beef
- 1 Tbsp cilantro leaves fresh chopped
- 1 cup regular corn frozen
- 3 green onions chopped
- 1 bell pepper red chopped
- 1 oz taco bellâ® taco seasoning mix

2 cups water

Equipment

frying pan

Directions

Brown meat with peppers and onions in large nonstick skillet.

Stir in water, taco seasoning mix and tomatoes; bring to boil. Stir in macaroni; cover. Simmer on medium-low heat 10 to 12 min. or until macaroni is tender, stirring occasionally and adding corn after 5 min.

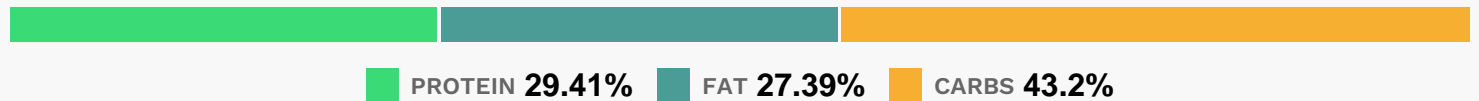
Remove from heat.

Top with cheese; cover.

Let stand 2 min. or until melted.

Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:4.0917390740436%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 72.24kcal (3.61%), Fat: 2.21g (3.4%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 7.08g (2.58%), Sugar: 0.8g (0.88%), Cholesterol: 13.14mg (4.38%), Sodium: 126.21mg (5.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.69%), Selenium: 8.19µg (11.69%), Vitamin C: 7.01mg (8.49%), Zinc: 1.07mg (7.16%), Phosphorus: 68.48mg (6.85%), Vitamin B12: 0.38µg (6.31%), Vitamin B3: 1.16mg (5.78%), Vitamin A: 274.73IU (5.49%), Vitamin B6: 0.1mg (5.22%), Manganese: 0.09mg (4.42%), Iron: 0.68mg (3.8%), Vitamin B2: 0.06mg (3.5%), Calcium: 34.23mg (3.42%), Potassium: 116.51mg (3.33%), Fiber: 0.76g (3.06%), Vitamin K: 3.14µg (2.99%), Magnesium: 11.73mg (2.93%), Copper: 0.05mg (2.33%), Folate: 8.36µg (2.09%), Vitamin B5: 0.18mg (1.84%), Vitamin B1: 0.03mg (1.75%), Vitamin E: 0.21mg (1.41%)