



Tex-Mex Taco Pasta Skillet

READY IN



30 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

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.

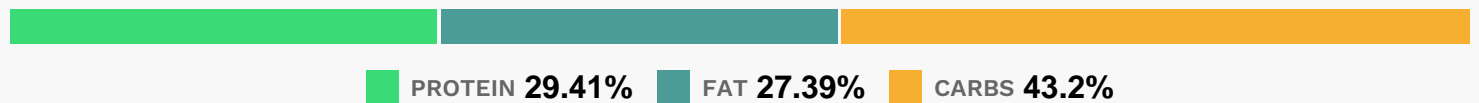
Remove from heat.

Top with cheese; cover.

Let stand 2 min. or until melted.

Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.46, Inflammation Score:-8, Nutrition Score:20.467391439106%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 361.22kcal (18.06%), Fat: 11.06g (17.01%), Saturated Fat: 5.47g (34.18%), Carbohydrates: 39.24g (13.08%), Net Carbohydrates: 35.42g (12.88%), Sugar: 3.98g (4.42%), Cholesterol: 65.7mg (21.9%), Sodium: 631.04mg (27.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.72g (53.43%), Selenium: 40.93µg (58.47%), Vitamin C: 35.03mg (42.46%), Zinc: 5.37mg (35.82%), Phosphorus: 342.4mg (34.24%), Vitamin B12: 1.89µg (31.55%), Vitamin B3: 5.78mg (28.92%), Vitamin A: 1373.64IU (27.47%), Vitamin B6: 0.52mg (26.11%), Manganese: 0.44mg (22.12%), Iron: 3.42mg (19.02%), Vitamin B2: 0.3mg (17.51%), Calcium: 171.17mg (17.12%), Potassium: 582.56mg (16.64%), Fiber: 3.83g (15.3%), Vitamin K: 15.68µg (14.94%), Magnesium: 58.65mg (14.66%), Copper: 0.23mg (11.67%), Folate: 41.82µg (10.45%), Vitamin B5: 0.92mg (9.18%), Vitamin B1: 0.13mg (8.77%), Vitamin E: 1.06mg

(7.07%), Vitamin D: 0.19µg (1.26%)