



## VELVEETA Easy Santa Fe Skillet

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup pasilla peppers green chopped
- 1 lb ground beef
- 1 tsp ground cumin
- 0.5 cup onions chopped
- 10 oz ro\*tel tomatoes & chilies diced green undrained canned
- 3 cups rotini pasta uncooked
- 2 cups water
- 8 oz velveeta cut into 1/2-inch cubes

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## Equipment

frying pan

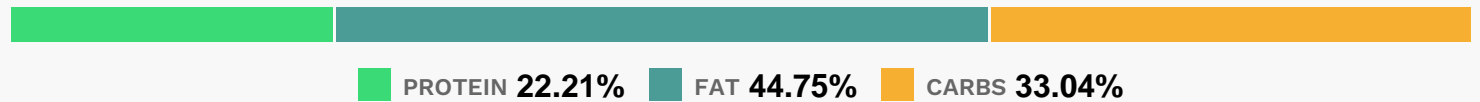
## Directions

Brown meat with onions in large skillet; drain. Return to skillet.

Add water, tomatoes and cumin; mix well. Bring to boil. Stir in pasta and peppers; cover. Simmer on medium-low heat 15 min. or until pasta is tender and almost all the water is absorbed, stirring occasionally.

Add VELVEETA; cook 3 to 5 min. or until melted, stirring frequently.

## Nutrition Facts



## Properties

Glycemic Index:2.71, Glycemic Load:1.31, Inflammation Score:-1, Nutrition Score:1.7095652005595%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

## Nutrients (% of daily need)

Calories: 42.79kcal (2.14%), Fat: 2.1g (3.24%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 3.23g (1.17%), Sugar: 0.39g (0.43%), Cholesterol: 7.16mg (2.39%), Sodium: 8.03mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Selenium: 4.05µg (5.79%), Vitamin B12: 0.22µg (3.6%), Zinc: 0.5mg (3.31%), Vitamin C: 2.33mg (2.82%), Vitamin B3: 0.54mg (2.72%), Phosphorus: 26.07mg (2.61%), Manganese: 0.05mg (2.53%), Vitamin B6: 0.05mg (2.47%), Iron: 0.3mg (1.69%), Potassium: 57.35mg (1.64%), Magnesium: 5.14mg (1.28%), Copper: 0.03mg (1.26%), Vitamin A: 59.2IU (1.18%), Vitamin B2: 0.02mg (1.15%), Fiber: 0.27g (1.07%)