



VELVEETA Salsa Mac 'N Cheese

READY IN



25 min.

SERVINGS



25

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz elbow macaroni uncooked
- 1 lb ground beef
- 12 oz milk velveeta® 2%
- 16 oz taco bell® & chunky salsa thick
- 1.8 cups water

Equipment

- frying pan

Directions

- Brown meat in large skillet; drain.
- Add salsa and water; mix well. Bring to boil. Stir in macaroni. Reduce heat to medium-low; cover. Simmer 8 to 10 minutes or until macaroni is tender.
- Add VELVEETA; cook until melted, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:1.52, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:3.6169565488463%

Nutrients (% of daily need)

Calories: 93.17kcal (4.66%), Fat: 4.24g (6.52%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 8.02g (2.91%), Sugar: 1.59g (1.76%), Cholesterol: 14.52mg (4.84%), Sodium: 137.72mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Selenium: 8.88µg (12.68%), Vitamin B12: 0.46µg (7.7%), Phosphorus: 65.36mg (6.54%), Zinc: 0.98mg (6.53%), Vitamin B3: 1.14mg (5.69%), Vitamin B6: 0.11mg (5.59%), Manganese: 0.11mg (5.3%), Potassium: 136.44mg (3.9%), Vitamin B2: 0.06mg (3.35%), Magnesium: 12.41mg (3.1%), Iron: 0.55mg (3.03%), Calcium: 27.49mg (2.75%), Copper: 0.05mg (2.59%), Fiber: 0.62g (2.47%), Vitamin B5: 0.22mg (2.18%), Vitamin A: 109.13IU (2.18%), Vitamin E: 0.31mg (2.08%), Vitamin B1: 0.03mg (2%), Vitamin D: 0.17µg (1.12%), Vitamin K: 1.14µg (1.08%)