



VELVEETA® 20 Minute Cheesy Chili 'N Rice Skillet

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



117 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 15 oz chili with beans canned
- 1 lb ground beef
- 2 cups rice white instant uncooked
- 1 cup water
- 8 oz velveeta®
- 8 oz velveeta®

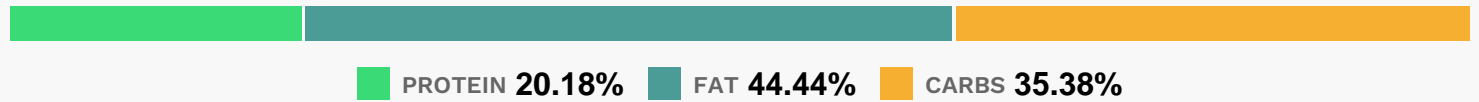
Equipment

frying pan

Directions

- Brown meat in large skillet on medium-high heat; drain.
- Add chili, tomatoes and water; stir. Bring to boil.
- Stir in rice and VELVEETA; cover.
- Remove from heat.
- Let stand 5 minutes. Stir until VELVEETA is completely melted.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.2886957046778%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 117.47kcal (5.87%), Fat: 5.81g (8.94%), Saturated Fat: 2.26g (14.11%), Carbohydrates: 10.41g (3.47%), Net Carbohydrates: 9.11g (3.31%), Sugar: 0.73g (0.81%), Cholesterol: 19.72mg (6.57%), Sodium: 156.01mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.87%), Iron: 1.9mg (10.58%), Zinc: 1.53mg (10.17%), Selenium: 6.9µg (9.85%), Vitamin B3: 1.78mg (8.89%), Phosphorus: 82.5mg (8.25%), Vitamin B12: 0.49µg (8.09%), Folate: 31.72µg (7.93%), Vitamin B1: 0.11mg (7.23%), Vitamin B6: 0.13mg (6.69%), Manganese: 0.13mg (6.54%), Fiber: 1.3g (5.19%), Potassium: 178.47mg (5.1%), Vitamin B5: 0.48mg (4.76%), Magnesium: 16.93mg (4.23%), Vitamin B2: 0.07mg (4.07%), Copper: 0.07mg (3.48%), Vitamin C: 2.21mg (2.68%), Vitamin E: 0.34mg (2.28%), Calcium: 22.47mg (2.25%), Vitamin A: 94.87IU (1.9%), Vitamin K: 1.4µg (1.33%)