



VELVEETA® Taco Mac & Cheese

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 tsp chili powder
- 8 oz elbow macaroni uncooked
- 1 lb ground beef
- 0.3 cup taco bell® & chunky salsa thick
- 8 oz velveeta®
- 8 oz velveeta®

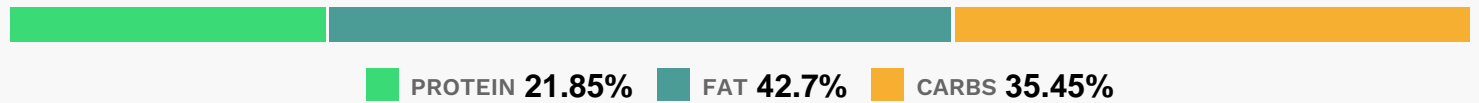
Equipment

- frying pan

Directions

- Brown meat in large skillet on medium-high heat; drain.
- Stir in 2-3/4 cups water, salsa and chili powder. Bring to boil. Stir in macaroni; cover. Reduce heat to medium-low; simmer 8 to 10 minutes or until water is almost absorbed.
- Add VELVEETA; cook until melted, stirring frequently.
- Garnish with 1/2 cup crushed tortilla chips, 1/4 cup chopped tomato and 2 Tbsp. chopped green onion, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.4434782529007%

Nutrients (% of daily need)

Calories: 101.5kcal (5.08%), Fat: 4.74g (7.3%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 8.35g (3.04%), Sugar: 0.48g (0.54%), Cholesterol: 16.1mg (5.37%), Sodium: 47.62mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.92%), Selenium: 10.65µg (15.21%), Vitamin B12: 0.49µg (8.09%), Zinc: 1.13mg (7.5%), Vitamin B3: 1.22mg (6.12%), Phosphorus: 59.26mg (5.93%), Manganese: 0.11mg (5.73%), Vitamin B6: 0.1mg (5.06%), Iron: 0.64mg (3.56%), Potassium: 101.65mg (2.9%), Magnesium: 10.82mg (2.7%), Vitamin B2: 0.04mg (2.57%), Copper: 0.05mg (2.57%), Fiber: 0.51g (2.05%), Vitamin B5: 0.17mg (1.73%), Vitamin A: 80.84IU (1.62%), Vitamin E: 0.24mg (1.57%), Vitamin B1: 0.02mg (1.47%)