

Family Favorite Chili Mac

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Servings: 4

1 pound lean ground beef
1 jar (1 pound 8 ounce) pasta sauce
1 1/2 tablespoons chili powder
8 ounces elbow macaroni, cooked and drained

Preparation Time: 30 minutes

Cook Time: 15 minutes

In a large nonstick skillet, cook the ground beef over medium-high heat, stirring occasionally, until done.

Stir in the pasta sauce and chili powder. Bring to a boil over high heat. Reduce the heat to low and simmer covered for 10 minutes.

Stir in the macaroni and heat through.

Serve, if desired, with sour cream and shredded cheddar cheese.

Per Serving (excluding unknown items): 519 Calories; 25g Fat (43.8% calories from fat); 28g Protein; 44g Carbohydrate; 2g Dietary Fiber; 85mg Cholesterol; 111mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 3 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	519
% Calories from Fat:	43.8%
% Calories from Carbohydrates:	34.4%
% Calories from Protein:	21.7%
Total Fat (g):	25g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	85mg
Carbohydrate (g):	44g
	2g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	2.7mcg
Thiamin B1 (mg):	.6mg
Riboflavin B2 (mg):	.5mg
Folacin (mcg):	22mcg
Niacin (mg):	10mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

3
1

Dietary Fiber (g):
 Protein (g): 28g
 Sodium (mg): 111mg
 Potassium (mg): 442mg
 Calcium (mg): 27mg
 Iron (mg): 5mg
 Zinc (mg): 5mg
 Vitamin C (mg): 2mg
 Vitamin A (i.u.): 982IU
 Vitamin A (r.e.): 98RE

Grain (Starch):
 Lean Meat: 3
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 519 **Calories from Fat:** 227

% Daily Values*

Total Fat	25g	38%
Saturated Fat	10g	48%
Cholesterol	85mg	28%
Sodium	111mg	5%
Total Carbohydrates	44g	15%
Dietary Fiber	2g	9%
Protein	28g	

Vitamin A	20%
Vitamin C	3%
Calcium	3%
Iron	26%

* Percent Daily Values are based on a 2000 calorie diet.