

1-Dish Taco Bake

READY IN



50 min.

SERVINGS



8

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup corn chips crushed
- 0.5 cup masa
- 3 tablespoons corn oil mazola®
- 1 eggs
- 0.8 cup flour all-purpose
- 1 pound ground beef
- 0.8 cup milk (120 degrees F to 130 degrees F)
- 1 cup salsa
- 0.5 teaspoon salt

- 1 cup cheese shredded mexican-style
- 1 tablespoon sugar
- 1.3 ounce taco seasoning
- 2 envelopes yeast

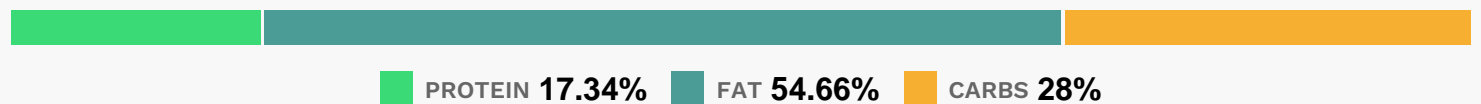
Equipment

- oven

Directions

- Brown ground beef and drain.
- Add taco seasoning and mix well.
- Mix batter ingredients together in a pre-sprayed 9-1/2-inch deep dish pie plate.
- Top batter with taco meat filling.
- Pour salsa evenly over meat; sprinkle with shredded cheese and corn chips.
- Bake by placing in a COLD oven; set temperature to 350 degrees F.
- Bake for 30 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:8.01, Inflammation Score:-6, Nutrition Score:14.523043352625%

Nutrients (% of daily need)

Calories: 411.64kcal (20.58%), Fat: 25.24g (38.83%), Saturated Fat: 7.77g (48.55%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 25.98g (9.45%), Sugar: 5.01g (5.57%), Cholesterol: 74.52mg (24.84%), Sodium: 916.24mg (39.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.02g (36.04%), Vitamin B12: 1.71µg (28.44%), Selenium: 19.27µg (27.53%), Phosphorus: 244.2mg (24.42%), Vitamin B1: 0.36mg (24.05%), Zinc: 3.5mg (23.35%), Vitamin B3: 4.41mg (22.05%), Vitamin B2: 0.33mg (19.67%), Folate: 74.21µg (18.55%), Vitamin B6: 0.35mg (17.65%), Vitamin E: 2.31mg (15.43%), Calcium: 148.65mg (14.86%), Vitamin A: 733.3IU (14.67%), Iron: 2.52mg (13.98%), Fiber: 3.11g (12.44%), Manganese: 0.22mg (10.75%), Potassium: 353.7mg (10.11%), Magnesium: 38.91mg (9.73%), Vitamin B5: 0.9mg (9.03%), Copper: 0.11mg (5.52%), Vitamin K: 5.74µg (5.47%), Vitamin C: 2.62mg (3.17%), Vitamin D:

0.47µg (3.16%)