



Bacon Cheeseburger Nacho Bake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



739 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 small onion chopped
- 0.5 teaspoon garlic salt
- 8 oz cheese prepared cut into small cubes
- 0.5 cup oz. bacon into pieces cooked (from a jar or package)
- 3 cups tortilla chips crushed
- 4 oz cheddar cheese shredded
- 1 serving toppings: such as pickles diced

- 1 serving catsup
- 1 serving mustard
- 1 serving lettuce

Equipment

- frying pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9inch (3-quart) glass baking dish with cooking spray.
- In 10-inch skillet, cook beef, onion and garlic salt over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is thoroughly cooked.
- Drain off excess fat.
- Add cubed cheese product and bacon; cook and stir until cheese is melted.
- Remove from heat.
- Place half of the chips in bottom of baking dish. Top with half of the beef mixture. Repeat layers. Top with shredded cheese.
- Bake 20 to 25 minutes or until cheese is melted and bubbly.
- Serve immediately with pickles, ketchup, mustard and/or lettuce.

Nutrition Facts

 **PROTEIN 18.6%**  **FAT 58.43%**  **CARBS 22.97%**

Properties

Glycemic Index:24.17, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:19.293478250504%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg,

Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 739.45kcal (36.97%), Fat: 48.42g (74.5%), Saturated Fat: 19.67g (122.92%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 39.21g (14.26%), Sugar: 2.11g (2.34%), Cholesterol: 123.83mg (41.28%), Sodium: 1207.68mg (52.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.69g (69.38%), Phosphorus: 518.14mg (51.81%), Calcium: 487.64mg (48.76%), Selenium: 30.29µg (43.27%), Zinc: 6.1mg (40.66%), Vitamin B12: 2.22µg (36.98%), Vitamin B2: 0.42mg (24.7%), Vitamin B6: 0.41mg (20.73%), Magnesium: 80.15mg (20.04%), Vitamin K: 20.27µg (19.3%), Vitamin E: 2.85mg (18.98%), Vitamin B3: 3.79mg (18.95%), Fiber: 3.63g (14.53%), Iron: 2.57mg (14.25%), Vitamin A: 677.79IU (13.56%), Vitamin B5: 1.33mg (13.32%), Potassium: 410.82mg (11.74%), Vitamin B1: 0.15mg (9.86%), Folate: 31.77µg (7.94%), Copper: 0.13mg (6.73%), Manganese: 0.06mg (2.92%), Vitamin D: 0.42µg (2.77%), Vitamin C: 1.61mg (1.95%)