



Bacon Cheeseburger Nacho Bake

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



772 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz cheese prepared cut into small cubes
- 0.5 teaspoon garlic salt
- 6 servings catsup
- 1 lb ground beef 80% lean (at least)
- 6 servings lettuce
- 6 servings mustard
- 1 small onion chopped
- 6 servings toppings: such as pickles diced

- 0.5 cup oz. bacon into pieces cooked (from a jar or package)
- 4 oz cheddar cheese shredded
- 3 cups tortilla chips crushed

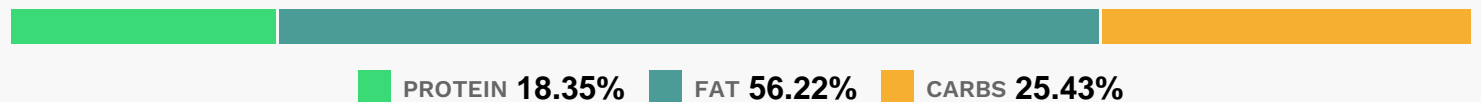
Equipment

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

Directions

- Heat oven to 350F. 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



Properties

Glycemic Index:24.17, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:23.898260759271%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg,

Isorhamnetin: 0.58mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.76mg, Quercetin:
3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 771.5kcal (38.57%), Fat: 48.91g (75.25%), Saturated Fat: 19.74g (123.35%), Carbohydrates: 49.77g (16.59%),
Net Carbohydrates: 44.49g (16.18%), Sugar: 6.98g (7.76%), Cholesterol: 123.83mg (41.28%), Sodium: 1811.97mg
(78.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.92g (71.85%), Phosphorus: 549.39mg (54.94%),
Calcium: 534.74mg (53.47%), Selenium: 31.87µg (45.53%), Vitamin K: 47.68µg (45.41%), Zinc: 6.32mg (42.11%),
Vitamin B12: 2.22µg (36.98%), Vitamin B2: 0.49mg (28.99%), Vitamin B6: 0.49mg (24.34%), Vitamin A: 1216.31IU
(24.33%), Magnesium: 92.76mg (23.19%), Vitamin E: 3.24mg (21.61%), Fiber: 5.28g (21.13%), Vitamin B3: 4.14mg
(20.72%), Potassium: 617.44mg (17.64%), Iron: 3.1mg (17.24%), Folate: 59.03µg (14.76%), Vitamin B5: 1.44mg
(14.45%), Vitamin B1: 0.21mg (14.2%), Manganese: 0.21mg (10.31%), Copper: 0.18mg (9.05%), Vitamin C: 5.36mg
(6.49%), Vitamin D: 0.42µg (2.77%)