



Beef and Bean Taco Casserole

 **Gluten Free**  **Popular**

READY IN



50 min.

SERVINGS



5

CALORIES



695 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 16 oz refried beans traditional canned
- 16 oz salsa thick
- 1 oz beef broth 25%
- 2.5 cups tortilla chips
- 0.3 cup spring onion sliced
- 1.5 cups tomatoes chopped
- 4 oz monterrey jack cheese shredded

0.3 cup olives ripe sliced

1 cup lettuce shredded

Equipment

frying pan

oven

Directions

Heat oven to 350°F. In 12-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in refried beans, salsa and taco seasoning mix. Reduce heat to medium.

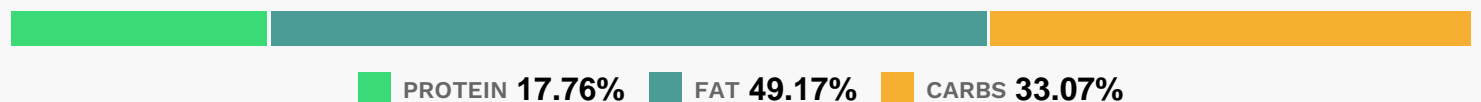
Heat to boiling, stirring occasionally.

In ungreased 2-quart casserole, place 2 cups of the broken tortilla chips. Top evenly with beef mixture.

Sprinkle with bell pepper, onions, 1 cup of the tomato, the cheese and olives.

Bake uncovered 20 to 30 minutes or until hot and bubbly and cheese is melted. Top baked casserole with lettuce, remaining 1/2 cup tomato and remaining 1/2 cup tortilla chips.

Nutrition Facts



Properties

Glycemic Index:33.6, Glycemic Load:3, Inflammation Score:-8, Nutrition Score:22.304782649745%

Flavonoids

Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 695.31kcal (34.77%), Fat: 38.24g (58.83%), Saturated Fat: 13.08g (81.76%), Carbohydrates: 57.87g (19.29%), Net Carbohydrates: 48.26g (17.55%), Sugar: 7.9g (8.78%), Cholesterol: 84.6mg (28.2%), Sodium: 1622.37mg (70.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.08g (62.17%), Phosphorus: 418.17mg

(41.82%), Fiber: 9.61g (38.44%), Zinc: 5.57mg (37.11%), Vitamin B12: 2.13µg (35.49%), Vitamin K: 35.47µg (33.78%), Calcium: 315.98mg (31.6%), Vitamin B6: 0.62mg (31.02%), Selenium: 20.35µg (29.07%), Vitamin B3: 5.68mg (28.4%), Vitamin E: 4.12mg (27.46%), Vitamin A: 1207.89IU (24.16%), Iron: 4.28mg (23.79%), Magnesium: 91.12mg (22.78%), Potassium: 756.23mg (21.61%), Vitamin B2: 0.31mg (18.15%), Vitamin B5: 1.43mg (14.26%), Vitamin B1: 0.18mg (12.08%), Vitamin C: 9.19mg (11.14%), Copper: 0.22mg (10.98%), Manganese: 0.19mg (9.55%), Folate: 35.24µg (8.81%), Vitamin D: 0.23µg (1.51%)