



## Beef Enchilada Casserole

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



28 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 oz cream of chicken soup reduced-sodium canned
- 6 6-inch corn tortillas cut in half ()
- 1 lb ground beef lean
- 10 oz ro\*tel tomatoes & chilies diced green undrained canned
- 1 cups velveetaâ divided cubed ()
- 1.3 cups velveetaâ divided cubed ()

### Equipment

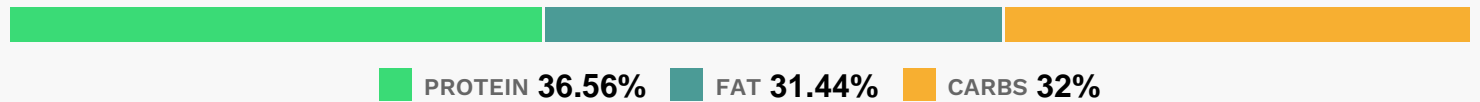
- frying pan

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Brown meat in large skillet; drain. Stir in soup and 1 cup VELVEETA.
- Spoon 1/3 of the meat mixture into 8-inch square baking dish; cover with 6 tortilla halves and 1/4 cup tomatoes. Repeat layers. Top with remaining meat mixture, tomatoes and VELVEETA; cover.
- Bake 25 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:2.92, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:1.5873912990741%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 28.17kcal (1.41%), Fat: 0.98g (1.51%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.23g (0.26%), Cholesterol: 6.75mg (2.25%), Sodium: 52.75mg (2.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Zinc: 0.59mg (3.92%), Vitamin B12: 0.23µg (3.76%), Phosphorus: 34.31mg (3.43%), Vitamin B3: 0.67mg (3.34%), Selenium: 2.09µg (2.98%), Vitamin B6: 0.05mg (2.61%), Iron: 0.37mg (2.04%), Potassium: 59.34mg (1.7%), Magnesium: 5.66mg (1.41%), Vitamin B2: 0.02mg (1.33%), Vitamin A: 64.01IU (1.28%), Copper: 0.02mg (1.24%), Manganese: 0.02mg (1.19%), Fiber: 0.29g (1.18%), Vitamin C: 0.87mg (1.05%)