



Beef Enchilada Stack

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz tomatoes diced undrained canned
- 9 6-inch corn tortillas ()
- 10 oz enchilada sauce canned
- 0.5 cup corn frozen
- 3 tablespoons spring onion sliced
- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 8 oz cheddar cheese shredded

- 0.5 cup cream sour
- 1 oz taco seasoning 40%

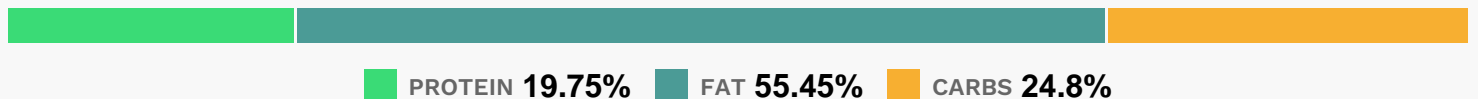
Equipment

- frying pan
- oven
- dutch oven

Directions

- Heat oven to 350F. Spray 9-inch glass pie plate or 9 1/2-inch glass deep-dish pie plate with cooking spray. In 12-inch skillet or 4-quart Dutch oven, cook beef and onion over medium-high heat, stirring occasionally, until thoroughly cooked; drain. Stir in bell pepper, corn, taco seasoning mix, tomatoes and enchilada sauce.
- Heat to boiling; remove from heat.
- Spread about 1/4 of beef mixture in thin layer in pie plate. Top with 3 tortillas (tortillas will overlap), 1/4 of beef mixture and 1/3 of cheese. Repeat layers 2 more times, starting with tortillas and ending with cheese on top. Pie plate will be very full but should not overflow.
- Bake about 30 minutes or until cheese is melted and lightly browned.
- Let stand 5 minutes before serving. Top each serving with sour cream and green onions.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:8.11, Inflammation Score:-8, Nutrition Score:19.123478412628%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 528.41kcal (26.42%), Fat: 33.02g (50.79%), Saturated Fat: 15.21g (95.04%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 27.71g (10.08%), Sugar: 7.43g (8.25%), Cholesterol: 102.78mg (34.26%), Sodium: 1211.88mg (52.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.45g (52.91%), Phosphorus: 459.55mg (45.96%), Selenium: 25.39µg (36.27%), Calcium: 358.81mg (35.88%), Zinc: 5.35mg (35.65%), Vitamin B12: 2.06µg (34.31%), Vitamin A: 1368.22IU (27.36%), Vitamin B6: 0.48mg (24.1%), Vitamin B2: 0.39mg (23.05%), Vitamin B3: 4.57mg (22.84%), Fiber: 5.52g (22.09%), Iron: 3.45mg (19.18%), Magnesium: 66.92mg (16.73%), Potassium: 526.69mg (15.05%), Vitamin C: 12.16mg (14.73%), Manganese: 0.24mg (11.85%), Vitamin K: 10.81µg (10.29%), Copper: 0.18mg (9.2%), Vitamin B1: 0.14mg (9.12%), Vitamin E: 1.26mg (8.4%), Folate: 31.76µg (7.94%), Vitamin B5: 0.78mg (7.82%), Vitamin D: 0.3µg (2.02%)