



Beef Enchilada Stack

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz tomatoes diced undrained canned
- ☐ 0.5 cup regular corn fresh green frozen giant® niblets®
- ☐ 9 6-inch corn tortillas ()
- ☐ 10 oz enchilada sauce old el paso® canned
- ☐ 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% old el paso®

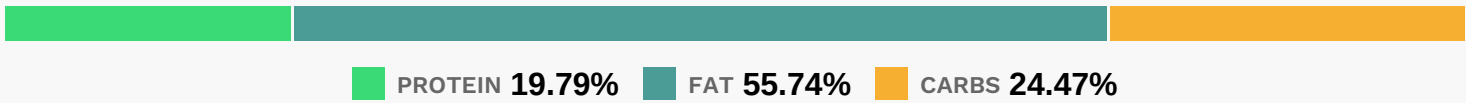
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oven to 350°F. 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:32, Glycemic Load:9.44, Inflammation Score:-8, Nutrition Score:19.036087222721%

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: 527.26kcal (26.36%), Fat: 33.1g (50.93%), Saturated Fat: 15.21g (95.09%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 27.25g (9.91%), Sugar: 8.01g (8.9%), Cholesterol: 102.78mg (34.26%), Sodium: 1211.32mg (52.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.88%), Phosphorus: 457.47mg (45.75%), Selenium: 25.3µg (36.15%), Calcium: 358.65mg (35.86%), Zinc: 5.33mg (35.54%), Vitamin B12: 2.06µg (34.31%), Vitamin A: 1401.42IU (28.03%), Vitamin B6: 0.48mg (23.76%), Vitamin B3: 4.55mg (22.77%), Vitamin B2: 0.39mg (22.77%), Fiber: 5.45g (21.79%), Iron: 3.42mg (18.99%), Magnesium: 65.86mg (16.47%), Potassium: 514.25mg (14.69%), Vitamin C: 11.87mg (14.39%), Manganese: 0.24mg (11.84%), Vitamin K: 10.86µg (10.34%), Copper: 0.18mg (9.17%), Vitamin B1: 0.13mg (8.97%), Vitamin E: 1.27mg (8.48%), Vitamin B5: 0.84mg (8.44%), Folate: 29.22µg (7.3%), Vitamin D: 0.3µg (2.02%)