



Beef Taco Bake

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.7 cup water
- 2 tablespoons cilantro leaves fresh chopped
- 2 cups beef shredded cooked
- 16 oz salsa thick
- 11 oz corn whole with red and green peppers, drained canned
- 1 cup colby cheese shredded
- 1 serving cream sour
- 2 cups frangelico

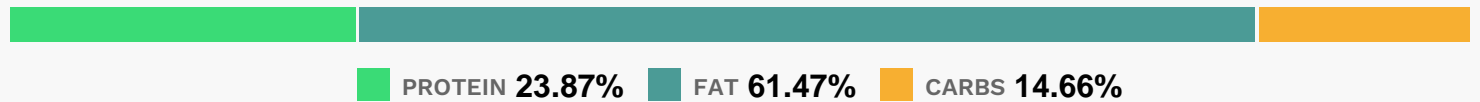
Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 450° F. Grease 9x13-inch pan. In medium bowl, mix Bisquick mix, water and cilantro until soft dough forms.
- Spread in bottom of pan.
- In large bowl, mix beef, salsa and corn. Spoon beef mixture over dough.
- Bake uncovered, 22 to 28 minutes or until edges are golden brown and toothpick inserted in center comes out clean. Immediately sprinkle with cheese.
- Let stand 1 to 2 minutes or until cheese is melted.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:9.1308695129726%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 256.17kcal (12.81%), Fat: 17.5g (26.93%), Saturated Fat: 7.9g (49.36%), Carbohydrates: 9.39g (3.13%), Net Carbohydrates: 8.37g (3.04%), Sugar: 2.3g (2.55%), Cholesterol: 56.5mg (18.83%), Sodium: 574.33mg (24.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.58%), Vitamin B12: 1.34µg (22.4%), Zinc: 3.09mg (20.59%), Phosphorus: 199.59mg (19.96%), Vitamin B3: 3.33mg (16.67%), Selenium: 11.4µg (16.28%), Vitamin B6: 0.3mg (14.76%), Calcium: 141.98mg (14.2%), Potassium: 366.73mg (10.48%), Vitamin B2: 0.17mg (10.11%), Vitamin A: 452.26IU (9.05%), Iron: 1.54mg (8.57%), Magnesium: 27.02mg (6.75%), Vitamin E: 0.98mg (6.51%), Folate: 20.63µg

(5.16%), Manganese: 0.09mg (4.7%), Copper: 0.09mg (4.69%), Vitamin B5: 0.44mg (4.37%), Fiber: 1.02g (4.09%),
Vitamin K: 4.17µg (3.97%), Vitamin B1: 0.05mg (3.51%), Vitamin C: 1.78mg (2.16%), Vitamin D: 0.16µg (1.03%)