



WHATSheATE



Beef Tortilla Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



702 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4.5 oz chilis green chopped canned
- ☐ 14.2 oz old el taco dinner kit
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup onion chopped
- ☐ 4 oz cheddar cheese shredded
- ☐ 1 cup cream sour
- ☐ 0.5 cup water

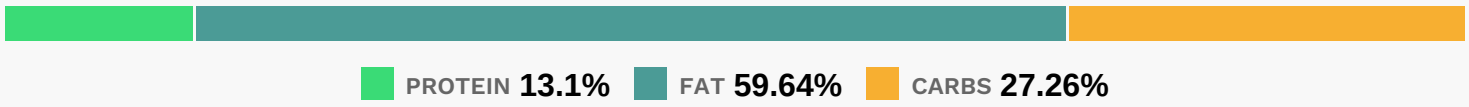
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350F. In 10-inch skillet, cook beef and onion, stirring occasionally, until beef is thoroughly cooked; drain. Stir in both pouches enchilada sauce (from dinner kit), the seasoning mix (from dinner kit), water and chiles; heat until hot.
- ☐ In ungreased 11x7-inch baking dish, spread 1 cup of the beef mixture.
- ☐ Cut tortillas (from dinner kit) in half.
- ☐ Place 6 tortilla halves on beef; spread with 1/2 cup of the sour cream. Top with 1/2 cup of the cheese, 1 cup of the beef mixture and remaining 6 tortilla halves. Top with remaining sour cream, remaining beef mixture and remaining cheese.
- ☐ Bake 30 minutes. If desired, serve with additional sour cream, diced red bell pepper and chopped fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:19.6, Inflammation Score:-5, Nutrition Score:14.684347702109%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 702.38kcal (35.12%), Fat: 46.5g (71.53%), Saturated Fat: 25.39g (158.68%), Carbohydrates: 47.8g (15.93%), Net Carbohydrates: 46.54g (16.92%), Sugar: 34.61g (38.46%), Cholesterol: 102.57mg (34.19%), Sodium: 308.3mg (13.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.39mg (3.13%), Protein: 22.99g (45.97%), Vitamin B12: 2.27µg (37.91%), Phosphorus: 331.92mg (33.19%), Selenium: 21.59µg (30.85%), Calcium: 281.13mg (28.11%), Zinc: 4.08mg (27.23%), Vitamin B2: 0.41mg (24.15%), Vitamin B3: 3.73mg (18.63%), Vitamin B6: 0.33mg (16.39%), Iron: 2.51mg (13.92%), Potassium: 465.07mg (13.29%), Magnesium: 48.99mg (12.25%), Copper: 0.22mg (10.76%), Vitamin B5: 1.05mg (10.5%), Vitamin C: 8.6mg (10.43%), Vitamin A: 509.59IU (10.19%), Vitamin B1: 0.13mg (8.83%), Folate:

34.97µg (8.74%), Vitamin K: 5.93µg (5.65%), Vitamin E: 0.83mg (5.52%), Fiber: 1.26g (5.04%), Manganese: 0.1mg (4.9%), Vitamin D: 0.19µg (1.26%)