



Burrito Bake

READY IN



45 min.

SERVINGS



45

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 6-inch flour tortillas ()
- 1 cup cheddar jack cheese shredded mexican style kraft finely
- 1 lb ground beef lean
- 16 oz taco bellâ® refried beans canned
- 1.3 oz taco bellâ® taco seasoning mix

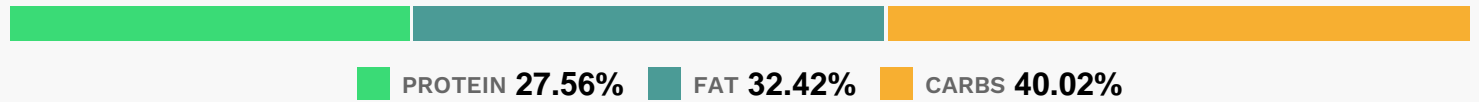
Equipment

- oven

Directions

- Heat oven to 350F.
- Cook meat with seasoning mix as directed on package.
- Place 4 tortillas on bottom of 9-inch pie plate sprayed with cooking spray, overlapping as necessary to completely cover bottom of pie plate. Top with layers of half each of the beans, meat mixture and cheese. Repeat layers. Cover with remaining tortillas.
- Bake 30 min. or until meat mixture is heated through and cheese is melted.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:2.3834782806428%

Nutrients (% of daily need)

Calories: 56.77kcal (2.84%), Fat: 2g (3.07%), Saturated Fat: 0.94g (5.89%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 4.7g (1.71%), Sugar: 0.7g (0.78%), Cholesterol: 8.76mg (2.92%), Sodium: 203.45mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Selenium: 4.25µg (6.07%), Phosphorus: 47.94mg (4.79%), Vitamin B3: 0.91mg (4.54%), Zinc: 0.65mg (4.32%), Vitamin B12: 0.25µg (4.21%), Iron: 0.68mg (3.77%), Fiber: 0.85g (3.41%), Calcium: 33.67mg (3.37%), Vitamin B1: 0.05mg (3.01%), Vitamin B2: 0.05mg (2.93%), Vitamin B6: 0.05mg (2.3%), Vitamin A: 107.4IU (2.15%), Folate: 8.55µg (2.14%), Manganese: 0.04mg (2.04%), Potassium: 46.81mg (1.34%), Magnesium: 4.66mg (1.16%)