



Cheeseburger Mexicana

READY IN



30 min.

SERVINGS



5

CALORIES



919 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 1.5 cups water hot
- 2 cups milk
- 1 package beef pasta skillet meal
- 5 cups tortilla chips crushed
- 1.3 cups salsa
- 0.7 cup cream sour
- 1 serving olives ripe sliced
- 1 serving spring onion sliced

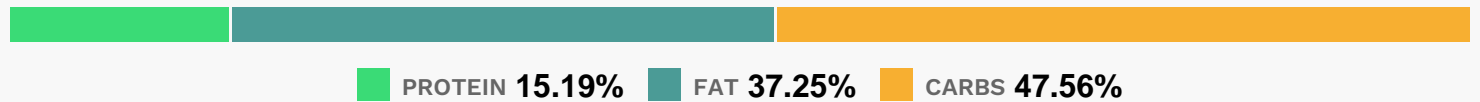
Equipment

- frying pan

Directions

- Cook beef in 10-inch skillet over medium-high heat, stirring occasionally, until brown; drain.
- Stir in hot water, milk, uncooked pasta and sauce mix (from Hamburger Helper box).
- Heat to boiling, stirring occasionally.
- Reduce heat; cover and simmer about 12 minutes, stirring occasionally, until pasta is tender.
- Remove from heat and uncover (sauce will thicken as it stands).
- Arrange 1 cup tortilla chips on each of 5 serving plates. Spoon about 1 cup beef mixture over tortilla chips on each plate. Top each with 1/4 cup salsa and about 2 tablespoons sour cream.
- Sprinkle with olives and onions.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:26.885217272717%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 918.65kcal (45.93%), Fat: 38.64g (59.44%), Saturated Fat: 10.28g (64.25%), Carbohydrates: 110.99g (37%), Net Carbohydrates: 102.48g (37.26%), Sugar: 11.11g (12.35%), Cholesterol: 86.05mg (28.68%), Sodium: 1765.96mg (76.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.46g (70.92%), Phosphorus: 581.66mg (58.17%), Zinc: 6.85mg (45.66%), Vitamin B12: 2.62µg (43.73%), Vitamin B3: 8.38mg (41.91%), Vitamin B6: 0.75mg (37.5%), Vitamin E: 5.43mg (36.21%), Magnesium: 142.48mg (35.62%), Selenium: 24.46µg (34.95%), Fiber: 8.52g (34.07%), Vitamin B1: 0.5mg (33.44%), Vitamin B2: 0.53mg (31.45%), Calcium: 304.36mg (30.44%), Vitamin K: 30.33µg (28.89%), Iron: 4.94mg (27.45%), Potassium: 939.11mg (26.83%), Vitamin B5: 2.55mg (25.45%), Vitamin A: 692.3IU (13.85%), Copper: 0.25mg (12.37%), Vitamin D: 1.16µg (7.76%), Folate: 23.66µg (5.92%), Manganese:

0.09mg (4.59%), Vitamin C: 1.74mg (2.1%)