



Cheeseburger Mexicana

READY IN



30 min.

SERVINGS



5

CALORIES



943 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 package beef pasta skillet meal
- 5 servings spring onion sliced
- 1 pound ground beef lean
- 2 cups milk
- 5 servings olives ripe sliced
- 1.3 cups salsa (any variety)
- 0.7 cup cream sour
- 5 cups tortilla chips crushed
- 1 cup water

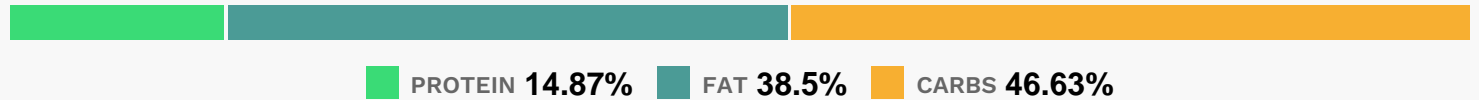
Equipment

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 10 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:1.82, Inflammation Score:-8, Nutrition Score:28.071739310804%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 943.38kcal (47.17%), Fat: 41.1g (63.22%), Saturated Fat: 10.61g (66.29%), Carbohydrates: 111.96g (37.32%), Net Carbohydrates: 102.79g (37.38%), Sugar: 11.31g (12.57%), Cholesterol: 86.05mg (28.68%), Sodium: 2015.14mg (87.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.71g (71.43%), Phosphorus: 584.08mg (58.41%), Zinc: 6.87mg (45.81%), Vitamin B12: 2.62µg (43.73%), Vitamin B3: 8.45mg (42.23%), Vitamin E: 6.07mg (40.45%), Vitamin K: 40.49µg (38.56%), Vitamin B6: 0.76mg (37.89%), Fiber: 9.17g (36.68%), Magnesium: 144.96mg (36.24%), Selenium: 24.64µg (35.19%), Vitamin B1: 0.51mg (33.84%), Vitamin B2: 0.54mg (31.74%), Calcium: 315.43mg (31.54%), Iron: 5.09mg (28.28%), Potassium: 959.08mg (27.4%), Vitamin B5: 2.55mg (25.53%), Vitamin A: 803.04IU (16.06%), Copper: 0.27mg (13.34%), Vitamin D: 1.16µg (7.76%), Folate: 27.22µg (6.8%), Manganese: 0.1mg (4.97%),

Vitamin C: 2.64mg (3.2%)