



Cheesy Nacho Bake

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 0.8 cup knudsen cream sour divided
- 1 green onion sliced
- 1 lb ground beef lean
- 1.5 cups mild cheddar cheese shredded kraft
- 1 oz taco bellâ® taco seasoning mix
- 7 cups tortilla chips
- 0.3 cup water

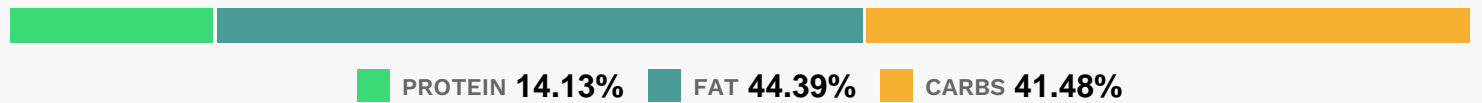
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Brown meat in large skillet; drain. Return meat to skillet.
- Add tomatoes, water and seasoning mix; stir. Cook 10 min., stirring occasionally. Stir in 1/4 cup sour cream.
- Place half the chips in 13x9-inch baking dish; cover with layers of half each of the meat mixture and cheese. Repeat layers.
- Bake 20 min. or until heated through. Top with onions and remaining sour cream.

Nutrition Facts



Properties

Glycemic Index:1.69, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:4.458260918441%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 159.39kcal (7.97%), Fat: 8.03g (12.35%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 15.36g (5.58%), Sugar: 0.79g (0.88%), Cholesterol: 15.79mg (5.26%), Sodium: 198.9mg (8.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Phosphorus: 105.62mg (10.56%), Zinc: 1.19mg (7.92%), Selenium: 4.83µg (6.9%), Calcium: 68.58mg (6.86%), Vitamin E: 0.98mg (6.55%), Magnesium: 25.3mg (6.33%), Fiber: 1.52g (6.07%), Vitamin B12: 0.35µg (5.87%), Vitamin K: 6.07µg (5.79%), Vitamin B6: 0.11mg (5.51%), Vitamin B3: 0.99mg (4.97%), Iron: 0.84mg (4.66%), Vitamin B2: 0.07mg (4.3%), Vitamin B5: 0.41mg (4.06%), Vitamin A: 172.59IU (3.45%), Potassium: 118.86mg (3.4%), Vitamin B1: 0.05mg (3.01%), Copper: 0.04mg (2.16%), Vitamin C: 1.53mg (1.85%), Folate: 5.85µg (1.46%)