



Cheesy Tortilla Pie

READY IN



30 min.

SERVINGS



30

CALORIES



39 kcal

Ingredients

- 1 10-inch flour tortilla ()
- 1 tsp garlic powder
- 1 tsp ground cumin
- 0.5 tsp ground pepper red (cayenne)
- 4 singles kraft
- 1 lb ground beef lean
- 16 oz refried beans canned

Equipment

- frying pan

oven

Directions

Heat oven to 400F.

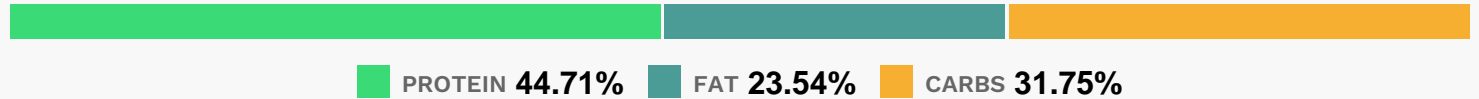
Brown meat in large skillet on medium-high heat; drain. Stir in seasonings and beans; cook 5 min., stirring occasionally.

Place tortilla in 9-inch pie plate sprayed with cooking spray, with edge of tortilla extending over side of pie plate. Fill with meat mixture.

Bake 10 min. or until heated through; top with Singles.

Bake 2 min. or until Singles are melted.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:0.76, Inflammation Score:-1, Nutrition Score:1.9660869577657%

Nutrients (% of daily need)

Calories: 38.87kcal (1.94%), Fat: 0.96g (1.48%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.19g (0.79%), Sugar: 0.48g (0.53%), Cholesterol: 9.4mg (3.13%), Sodium: 116mg (5.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin B12: 0.34µg (5.64%), Zinc: 0.79mg (5.28%), Vitamin B3: 0.94mg (4.7%), Selenium: 3.18µg (4.55%), Phosphorus: 36.82mg (3.68%), Iron: 0.63mg (3.52%), Vitamin B6: 0.06mg (3.17%), Fiber: 0.74g (2.97%), Vitamin B2: 0.03mg (1.88%), Potassium: 58.57mg (1.67%), Vitamin B1: 0.02mg (1.26%), Calcium: 11.45mg (1.15%), Magnesium: 4.21mg (1.05%), Vitamin B5: 0.1mg (1.02%)