



Crowd-Pleasing Tortilla Chips

 Gluten Free

READY IN



23 min.

SERVINGS



23

CALORIES



126 kcal

SIDE DISH

Ingredients

- 0.5 cup knudsen cream sour
- 0.5 cup guacamole
- 1 lb ground beef lean
- 1 cup taco bellâ® & chunky salsa thick divided
- 1.5 cups cheese shredded mexican style divided kraft
- 1.3 oz taco bellâ® taco seasoning mix
- 1 cup tomatoes divided chopped
- 2 cups tortilla chips

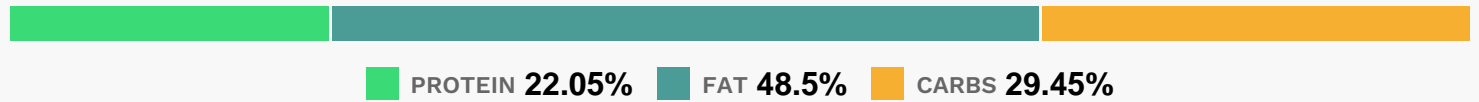
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400F. Brown meat in skillet. Stir in 1/2 cup of the salsa and the seasoning mix.
- Place tortilla chips in 13x9-inch baking dish. Cover with layers of half each of the meat mixture, tomatoes and cheese; repeat layers.
- Bake 8 min. or until cheese is melted. Top with the guacamole, sour cream and remaining 1/2 cup salsa.

Nutrition Facts



Properties

Glycemic Index:3.39, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:4.9982608815898%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 126.3kcal (6.32%), Fat: 6.94g (10.68%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 8.01g (2.91%), Sugar: 1.26g (1.4%), Cholesterol: 22.12mg (7.37%), Sodium: 290.87mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.2%), Phosphorus: 105.34mg (10.53%), Zinc: 1.45mg (9.64%), Vitamin B12: 0.54µg (9.04%), Selenium: 5.28µg (7.54%), Vitamin B3: 1.44mg (7.2%), Vitamin B6: 0.14mg (7.04%), Calcium: 70.03mg (7%), Vitamin A: 340.28IU (6.81%), Fiber: 1.48g (5.9%), Vitamin E: 0.73mg (4.87%), Potassium: 169.77mg (4.85%), Vitamin B2: 0.08mg (4.84%), Iron: 0.87mg (4.82%), Magnesium: 19.05mg (4.76%), Vitamin K: 4.53µg (4.32%), Vitamin B5: 0.38mg (3.84%), Vitamin C: 2.38mg (2.89%), Copper: 0.05mg (2.46%),

Vitamin B1: 0.03mg (2.32%), Folate: 9.26µg (2.32%), Manganese: 0.03mg (1.6%)