



Crunchy Tortilla and Beef Skillet

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 oz regular corn drained canned
- 8 oz tomato sauce canned
- 1 Tbsp chipotle peppers in adobo sauce canned chopped
- 0.5 cup knudsen cream sour
- 0.3 cup cilantro leaves fresh chopped
- 1 lb ground beef lean
- 1 cup sharp cheddar cheese shredded kraft
- 2 cups lightly tortilla chips crushed

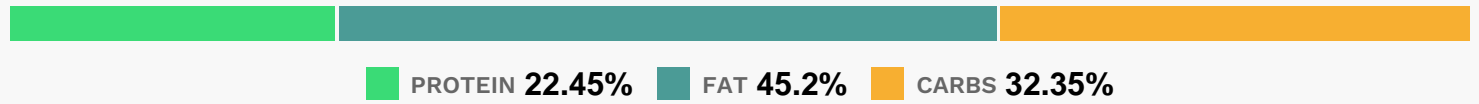
Equipment

frying pan

Directions

- Brown meat in large skillet. Stir in corn, tomato sauce and peppers; bring to boil. Cook on low heat 5 min.
- Top with crushed chips and cheese; cover. Cook 2 to 5 min. or until cheese is melted.
- Serve topped with sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:23.796522062758%

Flavonoids

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 672.97kcal (33.65%), Fat: 34.04g (52.38%), Saturated Fat: 12.69g (79.31%), Carbohydrates: 54.83g (18.28%), Net Carbohydrates: 50.47g (18.35%), Sugar: 3.8g (4.22%), Cholesterol: 115.52mg (38.51%), Sodium: 853.44mg (37.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.05g (76.09%), Phosphorus: 552.89mg (55.29%), Zinc: 8.05mg (53.63%), Vitamin B12: 2.9µg (48.33%), Selenium: 31.67µg (45.24%), Vitamin B3: 7.93mg (39.67%), Vitamin B6: 0.64mg (31.79%), Calcium: 310.09mg (31.01%), Vitamin B2: 0.45mg (26.23%), Magnesium: 101.09mg (25.27%), Iron: 4.46mg (24.79%), Vitamin E: 3.51mg (23.4%), Potassium: 818.74mg (23.39%), Vitamin B5: 1.8mg (18.04%), Fiber: 4.36g (17.43%), Vitamin K: 18.15µg (17.29%), Vitamin A: 777.08IU (15.54%), Copper: 0.25mg (12.46%), Folate: 48.56µg (12.14%), Vitamin B1: 0.17mg (11.13%), Vitamin C: 5.82mg (7.06%), Manganese: 0.13mg (6.3%), Vitamin D: 0.28µg (1.89%)