



WHATSheATE



Down-Home Taco Casserole



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



601 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1.5 teaspoons chili powder



7 6-inch corn tortillas cut into 1-inch squares



1 pound ground beef drained



0.5 cup milk



8.5 oz peas & carrots drained canned



1 cup salsa



1 cup cheddar cheese shredded divided



10.8 oz all natural tomato soup canned

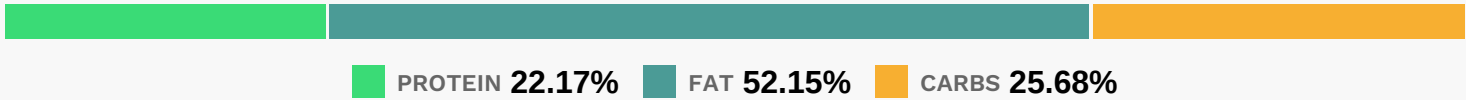
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Combine all ingredients except 1/2 cup cheese; spread in a 2-quart casserole dish sprayed with non-stick vegetable spray.
- ☐ Cover and bake at 400 degrees for 30 minutes, or until hot.
- ☐ Sprinkle with remaining cheese; let stand until cheese melts.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:11.09, Inflammation Score:-9, Nutrition Score:27.5052173034%

Nutrients (% of daily need)

Calories: 601.07kcal (30.05%), Fat: 35.29g (54.29%), Saturated Fat: 15.01g (93.83%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 31.37g (11.41%), Sugar: 9.77g (10.86%), Cholesterol: 112.42mg (37.47%), Sodium: 943.52mg (41.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.75g (67.49%), Phosphorus: 567.61mg (56.76%), Zinc: 7.3mg (48.66%), Vitamin B12: 2.89µg (48.18%), Selenium: 30.34µg (43.34%), Vitamin B6: 0.79mg (39.38%), Vitamin B3: 7.87mg (39.34%), Vitamin A: 1952.68IU (39.05%), Calcium: 353.14mg (35.31%), Fiber: 7.73g (30.93%), Iron: 4.98mg (27.64%), Potassium: 927.72mg (26.51%), Vitamin B2: 0.45mg (26.24%), Manganese: 0.52mg (25.82%), Magnesium: 100.88mg (25.22%), Vitamin K: 22.84µg (21.75%), Copper: 0.4mg (19.88%), Vitamin E: 2.86mg (19.09%), Vitamin B1: 0.25mg (16.33%), Vitamin C: 12.95mg (15.7%), Vitamin B5: 1.25mg (12.54%), Folate: 43.32µg (10.83%), Vitamin D: 0.62µg (4.12%)