



Easy Baked Taco Pie

READY IN



50 min.

SERVINGS



4

CALORIES



490 kcal

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 1 Tbsp chili powder
- 0.3 cup knudsen cream light sour
- 1 lb extra-lean ground beef
- 10 oz regular corn frozen thawed drained
- 1 onion chopped
- 1 cup milk four cheese shredded 2% mexican style divided kraft finely
- 6 6-inch tortillas whole wheat ()

Equipment

frying pan

oven

Directions

Heat oven to 375F.

Brown meat with onions and chili powder in large skillet on medium-high heat.

Add tomatoes and corn; cook 5 min. or until heated through, stirring occasionally.

Spoon 1 cup meat mixture into 2-qt. round casserole; cover with 3 tortillas, overlapping if necessary to fit in dish. Top with 2 cups of the remaining meat mixture and 1/2 cup cheese. Cover with remaining tortillas and remaining meat mixture; cover.

Bake 25 to 30 min. or until heated through. Top with remaining cheese; bake, uncovered, 5 min. or until melted.

Cut into wedges.

Serve topped with sour cream.

Nutrition Facts

 **PROTEIN 29.7%**  **FAT 33.83%**  **CARBS 36.47%**

Properties

Glycemic Index:13.5, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:25.443478408067%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 489.95kcal (24.5%), Fat: 18.85g (29%), Saturated Fat: 9.52g (59.48%), Carbohydrates: 45.73g (15.24%), Net Carbohydrates: 38.99g (14.18%), Sugar: 5.43g (6.04%), Cholesterol: 108.71mg (36.24%), Sodium: 936.19mg (40.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.48%), Vitamin B12: 3.23µg (53.9%), Zinc: 7.69mg (51.28%), Vitamin B6: 0.92mg (45.91%), Phosphorus: 455.6mg (45.56%), Vitamin B3: 8.77mg (43.87%), Vitamin B2: 0.66mg (38.79%), Selenium: 27.01µg (38.59%), Calcium: 331.2mg (33.12%), Iron: 5.74mg (31.87%), Fiber: 6.74g (26.95%), Potassium: 920.14mg (26.29%), Vitamin C: 16.51mg (20.01%), Vitamin A: 917.88IU (18.36%),

Magnesium: 72.83mg (18.21%), Vitamin B1: 0.25mg (16.35%), Folate: 61.32µg (15.33%), Vitamin B5: 1.47mg (14.67%),
Manganese: 0.28mg (13.98%), Vitamin E: 1.87mg (12.47%), Copper: 0.24mg (11.85%), Vitamin K: 6.19µg (5.89%),
Vitamin D: 0.29µg (1.95%)