



## Easy Layered Taco Bake

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 lb ground beef lean
- 7.3 oz macaroni & cheese dinner kraft
- 0.8 cup taco bellâ® & chunky mild salsa thick
- 1 oz taco bellâ® taco seasoning mix

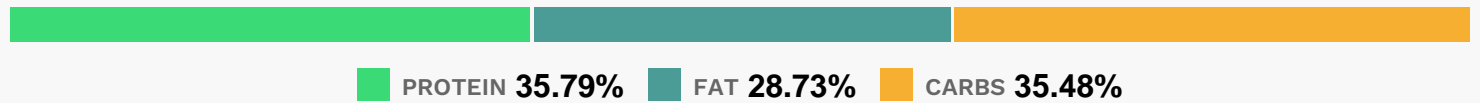
## Equipment

- oven
- baking pan

## Directions

- Heat oven to 400F.
- Prepare Dinner as directed on package. Meanwhile, cook meat with taco seasoning mix as directed on package.
- Layer seasoned meat, Dinner and salsa in 8-inch square baking dish sprayed with cooking spray.
- Bake 20 min.

## Nutrition Facts



## Properties

Glycemic Index:1.6, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:1.6186956620735%

## Nutrients (% of daily need)

Calories: 35.44kcal (1.77%), Fat: 1.12g (1.73%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.9g (1.06%), Sugar: 0.32g (0.35%), Cholesterol: 7.03mg (2.34%), Sodium: 136.01mg (5.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Phosphorus: 44.1mg (4.41%), Zinc: 0.65mg (4.36%), Vitamin B12: 0.25µg (4.23%), Vitamin B3: 0.68mg (3.39%), Selenium: 2.02µg (2.88%), Vitamin B6: 0.05mg (2.65%), Iron: 0.44mg (2.47%), Vitamin A: 89.89IU (1.8%), Potassium: 61.94mg (1.77%), Manganese: 0.03mg (1.54%), Magnesium: 4.97mg (1.24%), Vitamin B2: 0.02mg (1.17%)