



Easy Layered Taco Pie

READY IN



25 min.

SERVINGS



25

CALORIES



67 kcal

Ingredients

- 0.3 cup knudsen cream sour
- 4 6-inch flour tortillas cut into 4 wedges ()
- 2 green onions sliced
- 1 cup cheddar jack cheese shredded mexican style kraft finely
- 1 lb ground beef lean
- 2 cups tightly lettuce shredded packed
- 0.5 cup taco bellâ® & chunky salsa thick
- 1 oz taco bellâ® taco seasoning mix
- 0.5 cup water

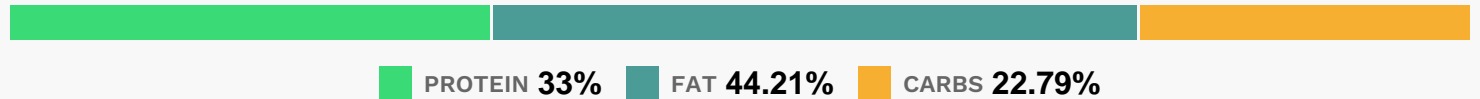
Equipment

- bowl
- microwave
- colander

Directions

- Crumble meat into microwaveable colander; place over microwaveable bowl. Microwave on HIGH 8 min., stirring every 2 min. to break up the meat. Discard fat.
- Transfer meat to 9-inch microwaveable pie plate; stir in seasoning mix and water. Microwave 5 min., stirring after 3 min.
- Remove half the meat mixture; cover remaining meat mixture with half the tortillas. Repeat layers of meat mixture and tortillas; top with salsa and cheese. Microwave 4 min.
- Top with remaining ingredients.
- Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:3.5860869392105%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 67.29kcal (3.36%), Fat: 3.29g (5.07%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.25g (1.18%), Sugar: 0.82g (0.91%), Cholesterol: 17.13mg (5.71%), Sodium: 204.14mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.06%), Selenium: 5.65µg (8.07%), Vitamin B12: 0.46µg (7.65%), Zinc: 1.15mg (7.64%), Phosphorus: 71.43mg (7.14%), Vitamin B3: 1.28mg (6.42%), Calcium: 46.25mg (4.62%), Vitamin A: 229.44IU (4.59%), Vitamin B6: 0.09mg (4.51%), Iron: 0.75mg (4.17%), Vitamin B2: 0.07mg (4.14%), Vitamin K: 4.14µg (3.94%), Potassium: 99.32mg (2.84%), Vitamin B1: 0.04mg (2.54%), Fiber: 0.57g (2.28%), Folate:

9µg (2.25%), Manganese: 0.04mg (2.04%), Magnesium: 7.92mg (1.98%), Vitamin B5: 0.17mg (1.67%), Copper: 0.03mg (1.36%), Vitamin C: 0.97mg (1.18%), Vitamin E: 0.17mg (1.15%)