



Easy Mexican Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



798 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounce olives black drained sliced canned
- ☐ 16 ounce chili beans sauce drained canned
- ☐ 0.5 cup green onion chopped
- ☐ 1 pound ground beef lean
- ☐ 2 cups salsa
- ☐ 2 cups cheddar cheese shredded
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 0.5 cup tomatoes fresh chopped

☐ 3 cups tortilla chips crushed

Equipment

☐ frying pan

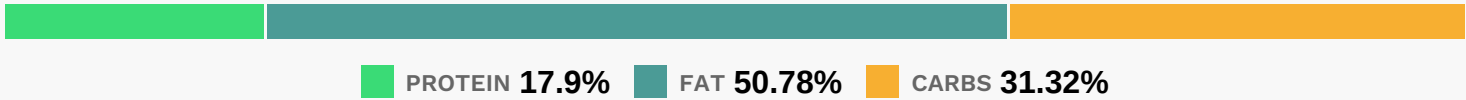
☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a large skillet over medium-high heat, cook ground beef until no longer pink. Stir in salsa, reduce heat, and simmer 20 minutes, or until liquid is absorbed. Stir in beans, and heat through.
- ☐ Spray a 9x13 baking dish with cooking spray.
- ☐ Spread crushed tortilla chips in dish, and then spoon beef mixture over chips.
- ☐ Spread sour cream over beef, and sprinkle olives, green onion, and tomato over the sour cream. Top with Cheddar cheese.
- ☐ Bake in preheated oven for 30 minutes, or until hot and bubbly.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.5, Inflammation Score:-8, Nutrition Score:28.726521937743%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 797.52kcal (39.88%), Fat: 45.77g (70.41%), Saturated Fat: 18.62g (116.36%), Carbohydrates: 63.53g (21.18%), Net Carbohydrates: 55.01g (20%), Sugar: 11.03g (12.26%), Cholesterol: 129.77mg (43.26%), Sodium:

1774.6mg (77.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.3g (72.6%), Phosphorus: 660.44mg (66.04%), Zinc: 8.02mg (53.46%), Calcium: 471.35mg (47.13%), Selenium: 31.08µg (44.4%), Vitamin B6: 0.83mg (41.56%), Vitamin B12: 2.26µg (37.69%), Vitamin B2: 0.61mg (35.75%), Vitamin K: 36.6µg (34.86%), Fiber: 8.52g (34.07%), Magnesium: 133.86mg (33.46%), Potassium: 1111.25mg (31.75%), Vitamin B3: 6.11mg (30.54%), Vitamin A: 1505.5IU (30.11%), Vitamin E: 4.5mg (30.03%), Iron: 4.76mg (26.45%), Copper: 0.41mg (20.63%), Vitamin B5: 1.77mg (17.74%), Vitamin B1: 0.21mg (13.97%), Folate: 53.79µg (13.45%), Vitamin C: 6.89mg (8.35%), Manganese: 0.15mg (7.26%), Vitamin D: 0.3µg (2.01%)