



## Easy Taco Bake

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 lb ground beef lean
- 1.5 cups cheddar cheese shredded divided kraft
- 16.4 oz taco bellâ<sup>®</sup> tortilla taco dinner kit soft
- 0.8 cup water

## Equipment

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Cook meat with Taco Seasoning
- Mix as directed on package.
- Spray 12x8-inch baking dish with cooking spray; cover bottom of dish with 6 Tortillas.
- Sprinkle with 1/2 cup cheese. Cover with layers of seasoned meat, remaining tortillas and Salsa.
- Bake 15 min. or until heated through. Top with remaining cheese; bake 5 min. or until melted.

## Nutrition Facts

 **PROTEIN 33.37%**  **FAT 64.96%**  **CARBS 1.67%**

## Properties

Glycemic Index:0.6, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.4860869231431%

## Nutrients (% of daily need)

Calories: 66.05kcal (3.3%), Fat: 4.72g (7.26%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 0.27g (0.09%), Net Carbohydrates: 0.27g (0.1%), Sugar: 0.14g (0.15%), Cholesterol: 19.8mg (6.6%), Sodium: 94.01mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Calcium: 95.54mg (9.55%), Phosphorus: 82.32mg (8.23%), Vitamin B12: 0.39µg (6.54%), Zinc: 0.96mg (6.41%), Selenium: 4.36µg (6.24%), Vitamin B2: 0.07mg (3.86%), Vitamin B3: 0.57mg (2.84%), Vitamin B6: 0.05mg (2.42%), Vitamin A: 105.62IU (2.11%), Iron: 0.31mg (1.7%), Magnesium: 5.85mg (1.46%), Potassium: 46.53mg (1.33%), Vitamin B5: 0.11mg (1.06%)