



Easy Taco Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



674 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons chili powder
- ☐ 1 pound ground beef
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup mayonnaise
- ☐ 4 ounces monterrey jack cheese shredded divided
- ☐ 0.5 cup onion chopped
- ☐ 1 cup salsa
- ☐ 4 ounces cheddar cheese shredded divided

☐ 2 cups tortilla chips divided crushed

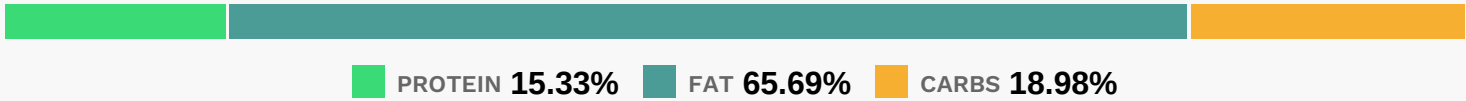
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cook and stir ground beef in a large skillet over medium-high heat until crumbly, evenly browned, and no longer pink, 5 to 7 minutes.
- ☐ Drain and discard any excess grease. Stir salsa, onion, mayonnaise, chili powder, and cumin into the beef.
- ☐ Remove from heat.
- ☐ Spread about half the ground beef mixture into the bottom of a 2-quart casserole dish.
- ☐ Spread about half the tortilla chips in a layer atop the beef mixture.
- ☐ Layer about half of each of the Cheddar and Monterey Jack cheeses over the tortilla chip layer. Repeat layers with remaining ingredients, ending with Monterey Jack cheese. Cover dish with aluminum foil.
- ☐ Bake in preheated oven until the cheese is melted in the middle, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.49, Inflammation Score:-8, Nutrition Score:19.575217443964%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 674.16kcal (33.71%), Fat: 49.72g (76.49%), Saturated Fat: 16.39g (102.41%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 28.29g (10.29%), Sugar: 2.98g (3.31%), Cholesterol: 97.24mg (32.41%), Sodium: 861.01mg (37.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.21%), Vitamin K: 45.44µg (43.27%), Phosphorus: 407.49mg (40.75%), Calcium: 357.45mg (35.75%), Zinc: 5.22mg (34.78%), Vitamin B12: 2µg (33.29%), Selenium: 22.56µg (32.23%), Vitamin A: 1351.16IU (27.02%), Vitamin E: 4.03mg (26.84%), Vitamin B6: 0.49mg (24.59%), Vitamin B3: 4.37mg (21.85%), Vitamin B2: 0.34mg (20.17%), Iron: 3.15mg (17.49%), Magnesium: 68.47mg (17.12%), Fiber: 4.04g (16.16%), Potassium: 496.7mg (14.19%), Vitamin B5: 1.11mg (11.11%), Vitamin B1: 0.13mg (8.43%), Copper: 0.16mg (8.1%), Manganese: 0.14mg (6.77%), Folate: 23.24µg (5.81%), Vitamin D: 0.34µg (2.26%), Vitamin C: 1.85mg (2.25%)