



El Dorado Beef Casserole

 Gluten Free

READY IN



65 min.

SERVINGS



8

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup olives black chopped
- ☐ 16 ounce tomato sauce canned
- ☐ 6 ounces tortilla chips
- ☐ 0.5 teaspoon garlic salt
- ☐ 12 ounce chile peppers diced green canned
- ☐ 1 pound ground beef
- ☐ 8 ounce monterrey jack cheese shredded
- ☐ 1 tablespoon onion instant minced

- ☐ 1 cup ricotta cheese
- ☐ 1 cup cup heavy whipping cream sour

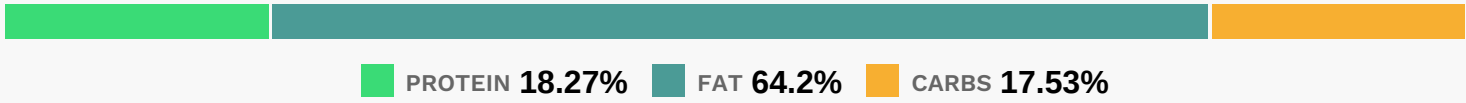
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly butter a 2 1/2 quart casserole dish.
- ☐ In a large skillet, brown the ground beef and drain. Stir in instant minced onion, garlic salt, tomato sauce and olives.
- ☐ In a mixing bowl, combine sour cream, ricotta cheese and green chiles.
- ☐ Reserve a few chips to use as garnish and crush the remainder. Put half of the crushed chips in the prepared casserole dish and cover with half of the meat mixture. Cover the meat mixture with half of the sour cream mixture, then add half of the Monterey Jack cheese. Repeat layers.
- ☐ Bake uncovered for 30 to 35 minutes.
- ☐ Garnish with reserved whole tortilla chips.

Nutrition Facts



Properties

Glycemic Index:15.75, Glycemic Load:1.3, Inflammation Score:-7, Nutrition Score:16.49173918496%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 508.49kcal (25.42%), Fat: 36.8g (56.62%), Saturated Fat: 16.22g (101.35%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 19.31g (7.02%), Sugar: 3.53g (3.93%), Cholesterol: 98.26mg (32.75%), Sodium: 1159mg (50.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.56g (47.11%), Calcium: 369.84mg (36.98%), Phosphorus: 355.15mg (35.52%), Selenium: 19.74µg (28.19%), Zinc: 4.14mg (27.6%), Vitamin B12: 1.61µg (26.91%), Vitamin C: 18.86mg (22.86%), Vitamin B2: 0.37mg (21.72%), Vitamin B6: 0.38mg (19.1%), Vitamin A: 901.14IU (18.02%), Vitamin E: 2.66mg (17.73%), Vitamin B3: 3.53mg (17.65%), Iron: 2.96mg (16.45%), Potassium: 508.63mg (14.53%), Magnesium: 53.63mg (13.41%), Fiber: 3.3g (13.2%), Folate: 45.88µg (11.47%), Vitamin B5: 0.98mg (9.75%), Vitamin K: 8.77µg (8.36%), Copper: 0.16mg (8.1%), Vitamin B1: 0.09mg (6.01%), Manganese: 0.08mg (3.82%), Vitamin D: 0.29µg (1.93%)