



Emily's Excellent Taco Casserole

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



1121 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups vegetarian chili with beans
- 6 cups tortilla chips
- 2 cups lettuce shredded
- 2 roma tomatoes chopped (plum)
- 0.5 cup salsa
- 1 cup cheddar cheese shredded
- 0.3 cup cup heavy whipping cream sour

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place chips in the bottom of a 9 inch square baking dish.
- Pour chili straight from the can over the chips.
- Sprinkle shredded cheese over the top.
- Bake for 20 to 25 minutes in the preheated oven, until chili is bubbling and cheese is melted. Top with lettuce, tomato, sour cream and salsa in the pan, or after serving (if people are picky).

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:30.920869490375%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 1121.33kcal (56.07%), Fat: 55.3g (85.08%), Saturated Fat: 14.76g (92.22%), Carbohydrates: 138.02g (46.01%), Net Carbohydrates: 121.68g (44.25%), Sugar: 6.21g (6.91%), Cholesterol: 58.49mg (19.5%), Sodium: 1641.52mg (71.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.55g (55.11%), Phosphorus: 750.59mg (75.06%), Fiber: 16.34g (65.34%), Magnesium: 222.37mg (55.59%), Vitamin E: 7.65mg (51%), Vitamin K: 51.87µg (49.4%), Calcium: 475.94mg (47.59%), Vitamin B5: 4.15mg (41.53%), Zinc: 6.2mg (41.31%), Iron: 7.44mg (41.31%), Vitamin B6: 0.6mg (30.01%), Potassium: 1028.95mg (29.4%), Vitamin A: 1404.11IU (28.08%), Selenium: 18.11µg (25.87%), Vitamin B2: 0.43mg (25.25%), Vitamin B1: 0.35mg (23.44%), Copper: 0.38mg (18.87%), Folate: 73.32µg (18.33%), Manganese: 0.29mg (14.65%), Vitamin B3: 2.52mg (12.62%), Vitamin C: 8.18mg (9.91%), Vitamin B12:

0.33µg (5.49%), Vitamin D: 0.17µg (1.13%)