



## Enchilada Casserole

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



513 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 8 oz tomato sauce canned
- 2 tsp chili powder
- 4 6-inch corn tortillas ()
- 0.3 cup knudsen cream sour
- 1 lb ground beef
- 0.3 cup onions chopped
- 1 cup cheddar cheese shredded kraft
- 0.5 cup tomatoes chopped

0.5 cup water

## Equipment

bowl

microwave

## Directions

Microwave meat and onions in 2-qt. microwaveable dish on HIGH 4 to 6 min. or until meat is no longer pink, stirring every 2 min.; drain.

Stir in tomato sauce, water and chili powder. Microwave 5 to 9 min. or until slightly thickened, stirring every 4 min.

Transfer to bowl.

Place 1 tortilla in same microwaveable dish; top with layers of 1/4 each meat sauce and cheese. Repeat layers 3 times. Microwave 2 to 5 min. or until heated through.

Let stand 5 min. Top with tomatoes and sour cream.

## Nutrition Facts

**PROTEIN 22.53%** **FAT 63.27%** **CARBS 14.2%**

## Properties

Glycemic Index:46.88, Glycemic Load:6.58, Inflammation Score:-7, Nutrition Score:19.470434670863%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

## Nutrients (% of daily need)

Calories: 513.2kcal (25.66%), Fat: 36.22g (55.73%), Saturated Fat: 15.76g (98.5%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 14.94g (5.43%), Sugar: 3.84g (4.27%), Cholesterol: 117.24mg (39.08%), Sodium: 570.59mg (24.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.02g (58.04%), Vitamin B12: 2.76µg (45.94%), Phosphorus: 427.85mg (42.78%), Zinc: 6.4mg (42.66%), Selenium: 27.79µg (39.7%), Vitamin B3: 6.05mg (30.26%), Vitamin B6: 0.56mg (27.97%), Calcium: 273.16mg (27.32%), Vitamin A: 1174.27IU (23.49%), Vitamin B2: 0.39mg (22.9%), Iron:

3.42mg (19.02%), Potassium: 647.72mg (18.51%), Magnesium: 60.92mg (15.23%), Vitamin E: 2.24mg (14.92%), Fiber: 3.35g (13.41%), Copper: 0.22mg (10.97%), Manganese: 0.22mg (10.91%), Vitamin B5: 0.98mg (9.79%), Vitamin C: 7.4mg (8.97%), Vitamin B1: 0.11mg (7.52%), Vitamin K: 7.46µg (7.11%), Folate: 26.21µg (6.55%), Vitamin D: 0.28µg (1.89%)