



Fiesta Taco Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



833 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 lb ground beef 80% lean (at least)
- 15 oz chili beans sauce undrained canned
- 1 cup salsa thick
- 2 cups tortilla chips
- 0.3 cup spring onion sliced
- 0.8 cup tomatoes chopped
- 4 oz monterrey jack cheese shredded
- 1 serving tortilla chips

1 serving lettuce shredded

1 serving salsa thick

Equipment

frying pan

oven

Directions

Heat oven to 350°F. In 10-inch skillet, cook beef over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain. Stir in beans and 1 cup salsa.

Heat to boiling, stirring occasionally.

In ungreased 2-quart casserole, place broken tortilla chips. Top with beef mixture.

Sprinkle with onions, tomato and cheese.

Bake uncovered 20 to 30 minutes or until hot and bubbly. Arrange tortilla chips around edge of casserole.

Serve with lettuce and additional salsa.

Nutrition Facts



PROTEIN 18.04% **FAT 49.14%** **CARBS 32.82%**

Properties

Glycemic Index:32.25, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:29.490434838378%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 832.65kcal (41.63%), Fat: 45.92g (70.65%), Saturated Fat: 16.11g (100.7%), Carbohydrates: 69.02g (23.01%), Net Carbohydrates: 58.99g (21.45%), Sugar: 10.33g (11.47%), Cholesterol: 105.74mg (35.25%), Sodium: 1711.89mg (74.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.92g (75.85%), Phosphorus: 650.71mg

(65.07%), Zinc: 8.86mg (59.05%), Vitamin B6: 0.96mg (47.76%), Vitamin B12: 2.67µg (44.54%), Fiber: 10.03g (40.11%), Vitamin K: 40.23µg (38.31%), Selenium: 26.06µg (37.22%), Calcium: 364.96mg (36.5%), Magnesium: 145.78mg (36.45%), Potassium: 1228.1mg (35.09%), Vitamin B3: 6.79mg (33.93%), Iron: 5.93mg (32.93%), Vitamin B2: 0.52mg (30.72%), Vitamin E: 4.15mg (27.7%), Copper: 0.48mg (24.17%), Vitamin A: 989.83IU (19.8%), Folate: 65.98µg (16.5%), Vitamin B5: 1.59mg (15.9%), Vitamin B1: 0.23mg (15.62%), Vitamin C: 8.82mg (10.69%), Manganese: 0.17mg (8.33%), Vitamin D: 0.28µg (1.89%)