



Fiesta Taco Lasagna

READY IN



30 min.

SERVINGS



9

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce onion-and-chive cream cheese soft
- ☐ 11 ounce regular corn yellow with red and green peppers, drained canned
- ☐ 9 servings toppings: cream fresh sour chopped
- ☐ 1 pound ground beef lean
- ☐ 8 ounces cheddar-monterey jack cheese blend shredded divided
- ☐ 9 no-boil lasagna noodles
- ☐ 4.5 cups salsa
- ☐ 1.3 ounce taco seasoning
- ☐ 0.5 cup water

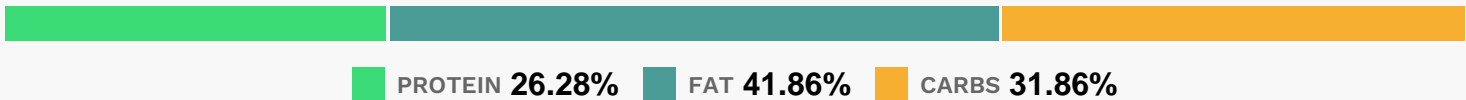
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook ground beef in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink; drain and return to skillet. Stir in taco seasoning, corn, and 1/2 cup water. Cook, uncovered, stirring occasionally, 5 minutes or until thickened.
- ☐ Add cream cheese, stirring until melted.
- ☐ Remove from heat, and stir in 1 cup Cheddar-Monterey Jack cheese.
- ☐ Spread 1 cup salsa evenly in a lightly greased 13- x 9-inch baking dish.
- ☐ Layer with 3 lasagna noodles (noodles should not touch each other or sides of dish), 2 cups ground beef mixture, and 3/4 cup salsa. Repeat layers using 3 lasagna noodles, remaining ground beef mixture, and 3/4 cup salsa. Top with remaining 3 noodles and 2 cups salsa, covering noodles completely.
- ☐ Sprinkle evenly with remaining 1 cup Cheddar-Monterey Jack cheese.
- ☐ Bake, covered, at 375 for 30 minutes. Uncover and bake 10 to 15 more minutes or until cheese is melted and edges are lightly browned.
- ☐ Let stand 5 minutes.
- ☐ Serve with desired toppings.
- ☐ Note: For testing purposes only, we used Skinner Oven Ready Lasagne and Old El Paso Thick 'n Chunky salsa.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:15.912608628688%

Flavonoids

Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 341.88kcal (17.09%), Fat: 16.24g (24.99%), Saturated Fat: 9.5g (59.41%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 23.51g (8.55%), Sugar: 7.75g (8.62%), Cholesterol: 77.33mg (25.78%), Sodium: 1473.6mg (64.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.95g (45.9%), Vitamin C: 32.13mg (38.94%), Vitamin A: 1561.5IU (31.23%), Calcium: 263.09mg (26.31%), Vitamin B6: 0.52mg (26.2%), Phosphorus: 260.25mg (26.03%), Zinc: 3.63mg (24.19%), Vitamin B12: 1.34µg (22.3%), Vitamin B3: 4.42mg (22.08%), Selenium: 13.59µg (19.42%), Potassium: 634.74mg (18.14%), Fiber: 4.31g (17.26%), Vitamin B2: 0.23mg (13.58%), Iron: 2.31mg (12.85%), Vitamin E: 1.92mg (12.82%), Magnesium: 41.01mg (10.25%), Manganese: 0.2mg (9.87%), Vitamin K: 9.12µg (8.68%), Copper: 0.16mg (7.83%), Vitamin B5: 0.67mg (6.74%), Vitamin B1: 0.09mg (5.98%), Folate: 15.78µg (3.95%), Vitamin D: 0.2µg (1.34%)