



## Layered Burrito Bake

READY IN



75 min.

SERVINGS



8

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 oz four cheese shredded with a touch of philadelphia mexican style kraft
- 1 lb extra-lean ground beef
- 6 8-inch flour tortillas cut in half ( )
- 1 cup regular corn frozen
- 2 cloves garlic minced
- 1 tsp ground cumin
- 29 oz no-salt-added tomatoes diced undrained canned
- 1 large pepper red chopped
- 16 oz taco bellâ® refried beans canned

2 cups taco bellâ® & chunky salsa thick

## Equipment

frying pan

oven

baking pan

aluminum foil

## Directions

Heat oven to 400F.

Brown meat with peppers, carrots, onions and garlic in large nonstick skillet.

Add tomatoes, salsa and cumin; mix well. Cover; simmer 5 min.

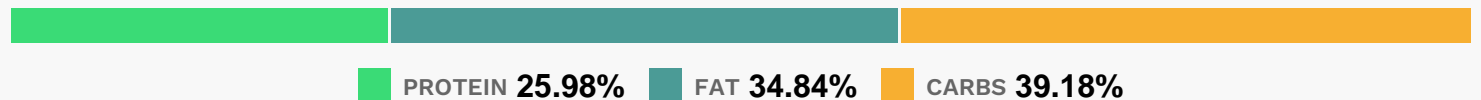
Remove from heat. Stir in corn.

Spread 2 cups tomato mixture onto bottom of 13x9-inch baking dish sprayed with cooking spray; top with 4 tortilla halves, with cut-sides of tortillas facing sides of dish. Cover with layers of half the beans, 2-1/2 cups of the remaining tomato mixture and 1/2 cup cheese. Repeat layers. Top with remaining tortillas, tomato mixture and cheese; cover with sheet of foil sprayed with cooking spray.

Bake 35 to 40 min. or until heated through, uncovering for the last 5 min.

Let stand 5 min. before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:20.88, Glycemic Load:7.95, Inflammation Score:-8, Nutrition Score:23.180434880049%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 412.3kcal (20.61%), Fat: 16.07g (24.72%), Saturated Fat: 7.91g (49.43%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 33.69g (12.25%), Sugar: 8.73g (9.7%), Cholesterol: 63.5mg (21.17%), Sodium: 1269.44mg (55.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.91%), Vitamin C: 38.77mg (46.99%), Selenium: 27.41µg (39.16%), Phosphorus: 386.89mg (38.69%), Vitamin B3: 6.84mg (34.22%), Calcium: 336.09mg (33.61%), Zinc: 4.62mg (30.8%), Vitamin B6: 0.6mg (29.99%), Vitamin A: 1409.28IU (28.19%), Fiber: 6.97g (27.87%), Iron: 4.97mg (27.61%), Vitamin B12: 1.57µg (26.18%), Vitamin B2: 0.44mg (25.81%), Vitamin B1: 0.33mg (21.88%), Manganese: 0.43mg (21.32%), Potassium: 738.09mg (21.09%), Folate: 73.29µg (18.32%), Magnesium: 59.76mg (14.94%), Vitamin E: 2.2mg (14.64%), Copper: 0.22mg (11.22%), Vitamin K: 10.35µg (9.85%), Vitamin B5: 0.93mg (9.26%), Vitamin D: 0.23µg (1.51%)