



Layered Fiesta Casserole

READY IN



50 min.

SERVINGS



6

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 19 ounce canned tomatoes diced undrained canned
- ☐ 1 cup tex mex cheese shredded divided kraft
- ☐ 1 pound extra-lean ground beef
- ☐ 12 6-inch flour tortillas
- ☐ 2 cups regular corn frozen thawed
- ☐ 1 bell pepper green chopped
- ☐ 1 bell pepper red chopped
- ☐ 2 cups salsa

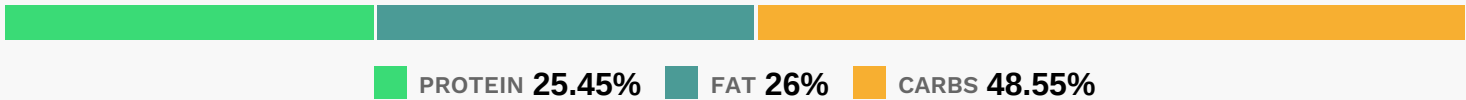
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375 degrees F.
- ☐ Brown meat with peppers in large skillet; drain. Return meat mixture to skillet. Stir in salsa, tomatoes and corn.
- ☐ Spread 1 cup meat mixture onto bottom of 13x9-inch baking dish; top with 6 tortillas, overlapping as necessary to fit. Cover with layers of half each of the remaining meat mixture and cheese; top with remaining tortillas and meat mixture. Cover with foil.
- ☐ Bake 25 to 30 minutes or until heated through. Top with remaining cheese; let stand, covered, 5 minutes or until melted.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:11.62, Inflammation Score:-9, Nutrition Score:29.775652180547%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 460.05kcal (23%), Fat: 13.68g (21.05%), Saturated Fat: 6.05g (37.82%), Carbohydrates: 57.48g (19.16%), Net Carbohydrates: 49.82g (18.12%), Sugar: 10.98g (12.2%), Cholesterol: 61.62mg (20.54%), Sodium: 1299.71mg (56.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.27%), Vitamin C: 55.2mg (66.91%), Vitamin B3: 10.11mg (50.53%), Phosphorus: 452.8mg (45.28%), Selenium: 31.49µg (44.98%), Vitamin B6: 0.83mg (41.32%), Zinc: 5.59mg (37.25%), Vitamin B12: 2.12µg (35.32%), Manganese: 0.71mg (35.25%), Vitamin B1: 0.51mg (34.31%),

Iron: 6.12mg (33.98%), Potassium: 1075.65mg (30.73%), Fiber: 7.66g (30.64%), Vitamin B2: 0.49mg (28.76%), Vitamin A: 1431.76IU (28.64%), Folate: 109.73µg (27.43%), Calcium: 249.03mg (24.9%), Magnesium: 86.48mg (21.62%), Copper: 0.39mg (19.39%), Vitamin E: 2.81mg (18.76%), Vitamin K: 15.81µg (15.06%), Vitamin B5: 1.28mg (12.78%)