



Layered Fiesta Casserole

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



45 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 12 6-inch corn tortillas gluten-free ()
- 1 lb extra-lean ground beef
- 10 oz regular corn frozen
- 1 bell pepper green red chopped
- 16 oz taco bellâ® & chunky salsa thick
- 1.5 cups milk sharp cheddar cheese shredded 2% divided kraft

Equipment

- frying pan
- oven
- baking pan

Directions

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

Nutrition Facts



Properties

Glycemic Index:1.59, Glycemic Load:1.12, Inflammation Score:-1, Nutrition Score:2.5030434727669%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 45.34kcal (2.27%), Fat: 1.69g (2.6%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 4.76g (1.59%), Net Carbohydrates: 4g (1.46%), Sugar: 0.6g (0.66%), Cholesterol: 8.19mg (2.73%), Sodium: 92.89mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Phosphorus: 57.18mg (5.72%), Zinc: 0.67mg (4.48%), Vitamin B6: 0.08mg (4.17%), Selenium: 2.78µg (3.97%), Vitamin B3: 0.78mg (3.9%), Vitamin B12: 0.22µg (3.62%), Vitamin C: 2.94mg (3.56%), Calcium: 32.09mg (3.21%), Fiber: 0.76g (3.04%), Potassium: 95.24mg (2.72%), Magnesium: 10.63mg (2.66%), Vitamin B2: 0.04mg (2.49%), Iron: 0.42mg (2.32%), Manganese: 0.05mg (2.26%), Vitamin A: 87.23IU (1.74%), Copper: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.49%), Vitamin E: 0.22mg (1.47%), Vitamin B5: 0.11mg (1.14%), Folate: 4.53µg (1.13%)