



Layered Mexican Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



830 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 11 oz regular corn drained canned
- 1 cup knudsen cottage cheese
- 8 oz knudsen cream sour
- 0.5 lb ground beef
- 1.5 cups taco bellâ® & chunky salsa thick
- 1.5 cups cheddar cheese shredded divided kraft
- 5 cups tortilla chips divided

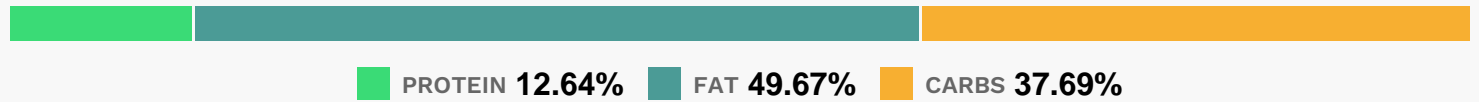
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F.
- Brown meat in large skillet; drain.
- Add corn and salsa; cook 5 min. or until heated through, stirring occasionally.
- Mix cottage cheese and sour cream in small bowl.
- Layer 2 cups chips, half the meat mixture, 3/4 cup cheddar and half the cottage cheese mixture in 2-qt. casserole. Repeat layers of chips, meat mixture and cottage cheese mixture.
- Bake 35 min. Insert remaining chips around edge of casserole; top with remaining cheddar.
- Bake 10 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:20.253043325051%

Nutrients (% of daily need)

Calories: 830.06kcal (41.5%), Fat: 46.71g (71.86%), Saturated Fat: 15.56g (97.28%), Carbohydrates: 79.75g (26.58%), Net Carbohydrates: 73.4g (26.69%), Sugar: 5.54g (6.16%), Cholesterol: 83.34mg (27.78%), Sodium: 1157.5mg (50.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.75g (53.51%), Phosphorus: 531.22mg (53.12%), Calcium: 394.58mg (39.46%), Selenium: 23.26µg (33.23%), Vitamin E: 4.71mg (31.43%), Zinc: 4.48mg (29.86%), Magnesium: 116.6mg (29.15%), Fiber: 6.34g (25.38%), Vitamin K: 24.68µg (23.51%), Vitamin B2: 0.4mg (23.34%), Vitamin B6: 0.46mg (22.96%), Vitamin B12: 1.34µg (22.3%), Vitamin B5: 1.9mg (18.95%), Vitamin B3: 3.62mg (18.09%), Vitamin A: 882.43IU (17.65%), Potassium: 609.87mg (17.42%), Iron: 2.67mg (14.85%), Vitamin B1: 0.21mg (13.74%), Folate: 44.22µg (11.05%), Copper: 0.2mg (10.03%), Manganese: 0.11mg (5.7%), Vitamin C: 2.46mg (2.98%), Vitamin D: 0.24µg (1.62%)