



Layered Mexican Casserole

READY IN



60 min.

SERVINGS



6

CALORIES



789 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 16 oz salsa thick
- ☐ 8 6-inch corn tortillas ()
- ☐ 16 oz refried beans traditional canned
- ☐ 6 oz cheddar cheese shredded
- ☐ 15 oz old el rice spanish canned
- ☐ 1 cup tortilla chips crushed

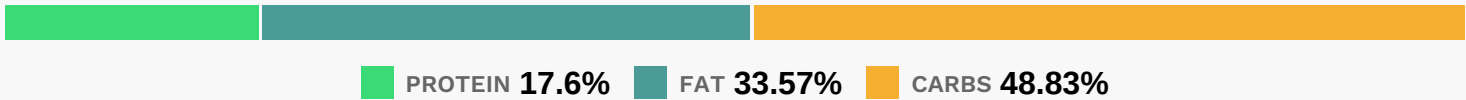
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F. Spray 11x7-inch (2-quart) baking dish with cooking spray. In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring frequently, until thoroughly cooked; drain. Stir in 1 cup of the salsa; heat about 2 minutes or until hot.
- ☐ Line baking dish with 4 tortillas, overlapping to fit. In medium bowl, stir together refried beans and remaining salsa; spoon over tortillas, and spread evenly. Top with half of the meat mixture and 3/4 cup of the cheese.
- ☐ Layer 4 more tortillas over cheese. Spoon and spread Spanish rice over tortillas. Top with remaining meat mixture and cheese. Top with tortilla chips.
- ☐ Bake 30 to 40 minutes or until hot in center and bubbling along sides.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:8.66, Inflammation Score:-8, Nutrition Score:27.979130392489%

Nutrients (% of daily need)

Calories: 789.4kcal (39.47%), Fat: 29.45g (45.3%), Saturated Fat: 11.61g (72.57%), Carbohydrates: 96.38g (32.13%), Net Carbohydrates: 86.43g (31.43%), Sugar: 8.29g (9.21%), Cholesterol: 80.61mg (26.87%), Sodium: 1997.26mg (86.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.73g (69.47%), Selenium: 42.69µg (60.99%), Phosphorus: 523.26mg (52.33%), Vitamin B3: 9.84mg (49.22%), Vitamin B1: 0.71mg (47.17%), Fiber: 9.95g (39.81%), Manganese: 0.77mg (38.61%), Zinc: 5.61mg (37.42%), Vitamin B6: 0.68mg (34.03%), Vitamin B12: 1.97µg (32.78%), Folate: 130.85µg (32.71%), Iron: 5.7mg (31.68%), Calcium: 315.5mg (31.55%), Vitamin B2: 0.47mg (27.43%), Magnesium: 98.56mg (24.64%), Potassium: 838.01mg (23.94%), Vitamin A: 946.11IU (18.92%), Vitamin E: 2.69mg (17.91%), Copper: 0.31mg (15.45%), Vitamin B5: 1.31mg (13.11%), Vitamin K: 11.16µg (10.63%), Vitamin C: 1.44mg (1.74%), Vitamin D: 0.22µg (1.45%)