



Lightened Texas-Style Enchilada Casserole

 Gluten Free

READY IN



16 min.

SERVINGS



6

CALORIES



539 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2.3 ounce olives black ripe sliced canned
- ☐ 12 6-inch corn tortillas cut into 1-inch pieces ()
- ☐ 10.8 ounce cream of mushroom soup fat-free 98% canned
- ☐ 1 cup mild enchilada sauce
- ☐ 4 ounce chiles diced green canned
- ☐ 1 pound ground sirloin
- ☐ 6 servings toppings: lettuce diced shredded red finely chopped
- ☐ 0.5 medium size onion red chopped

- ☐ 8 ounce block sharp cheddar cheese shredded 2% divided reduced-fat
- ☐ 0.5 cup cup heavy whipping cream light sour

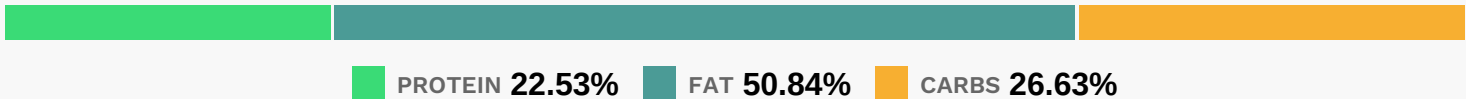
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook first 3 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink.
- ☐ Drain well.
- ☐ Place beef mixture in a large bowl. Stir in tortilla pieces, next 4 ingredients, and 1 cup cheese; spoon mixture into a lightly greased 11- x 7-inch baking dish.
- ☐ Sprinkle evenly with remaining 1 cup cheese.
- ☐ Bake at 400 for 20 to 25 minutes or until bubbly.
- ☐ Serve casserole with desired toppings.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:11, Inflammation Score:-8, Nutrition Score:21.823478346286%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 538.68kcal (26.93%), Fat: 30.74g (47.29%), Saturated Fat: 14.04g (87.77%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 30.27g (11.01%), Sugar: 5.49g (6.1%), Cholesterol: 98.45mg (32.82%), Sodium: 1293.48mg (56.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.65g (61.3%), Phosphorus: 516.98mg (51.7%), Zinc: 6.28mg (41.87%), Selenium: 26.7µg (38.14%), Calcium: 380.22mg (38.02%), Vitamin B12: 2.2µg (36.72%), Vitamin B3: 5.05mg (25.24%), Vitamin B6: 0.5mg (25%), Vitamin A: 1222.01IU (24.44%), Fiber: 5.95g (23.81%), Vitamin B2: 0.4mg (23.53%), Manganese: 0.46mg (22.82%), Vitamin K: 23.62µg (22.5%), Iron: 3.58mg (19.87%), Magnesium: 75.8mg (18.95%), Potassium: 618.17mg (17.66%), Folate: 58.81µg (14.7%), Copper: 0.29mg (14.32%), Vitamin C: 10.61mg (12.86%), Vitamin B1: 0.15mg (10.28%), Vitamin E: 1.33mg (8.89%), Vitamin B5: 0.83mg (8.35%), Vitamin D: 0.34µg (2.27%)