



Manda's Taco Casserole

 **Gluten Free**

READY IN



40 min.

SERVINGS



8

CALORIES



817 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce chili beans sauce hot undrained canned
- ☐ 12 ounce nacho cheese-flavored corn chips doritos® (such as)
- ☐ 2 pounds ground beef
- ☐ 16 ounce mild cheddar cheese shredded
- ☐ 2 ounce taco seasoning mccormick® (such as Original)
- ☐ 1.3 cups water

Equipment

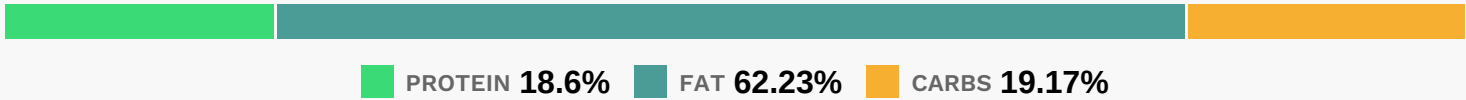
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Cook and stir ground beef in a large skillet over medium heat until crumbly and browned, about 10 minutes; drain grease.
- ☐ Mix water and taco seasoning mix into ground beef, bring to a boil, and reduce heat to low. Simmer ground beef mixture, stirring often, until thickened, 3 to 4 minutes.
- ☐ Heat chili beans in a saucepan over low heat until simmering.
- ☐ Spread layers of tortilla chips, ground beef mixture, and chili beans, respectively into a casserole dish; repeat layers until you run out of chips, beef, and beans. Top casserole with Cheddar cheese.
- ☐ Bake in the preheated oven until cheese is bubbling and tips of exposed tortilla chips are golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.37, Inflammation Score:-8, Nutrition Score:24.594347850136%

Nutrients (% of daily need)

Calories: 816.89kcal (40.84%), Fat: 56.73g (87.27%), Saturated Fat: 21.51g (134.44%), Carbohydrates: 39.32g (13.11%), Net Carbohydrates: 33.91g (12.33%), Sugar: 4.61g (5.12%), Cholesterol: 137.21mg (45.74%), Sodium: 1650.21mg (71.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.14g (76.28%), Phosphorus: 608.66mg (60.87%), Zinc: 8.51mg (56.72%), Selenium: 37.02µg (52.89%), Vitamin B12: 3.03µg (50.56%), Calcium: 498.72mg (49.87%), Vitamin B2: 0.54mg (31.53%), Vitamin B6: 0.63mg (31.48%), Vitamin E: 4.08mg (27.22%), Vitamin B3: 5.39mg (26.92%), Vitamin A: 1239.8IU (24.8%), Iron: 4.33mg (24.08%), Magnesium: 91.11mg (22.78%), Fiber: 5.41g (21.66%), Potassium: 666.21mg (19.03%), Copper: 0.28mg (14%), Vitamin B5: 1.04mg (10.43%), Manganese: 0.2mg (10.08%), Folate: 37.99µg (9.5%), Vitamin B1: 0.11mg (7.19%), Vitamin K: 6.31µg (6.01%), Vitamin C: 4.15mg (5.03%), Vitamin D: 0.45µg (3.02%)