



 **83%**
HEALTH SCORE

Mexican Casserole

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1754 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tsp chili powder
- 0.5 cup knudsen cream light sour
- 0.8 lb extra-lean ground beef
- 10 oz regular corn frozen
- 1 bell pepper green chopped
- 1 small onion chopped
- 1.3 cups taco bellâ® & chunky salsa thick
- 0.8 cup milk sharp cheddar cheese shredded 2% divided kraft

3 8-inch high-fiber tortillas whole wheat ()

Equipment

frying pan

oven

baking pan

Directions

Heat oven to 375F.

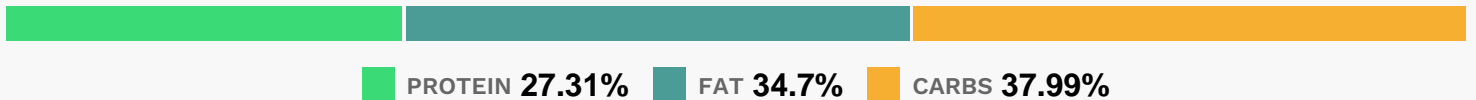
Brown meat with onions and peppers in large skillet on medium heat. Stir in chili powder; cook 1 min.

Add salsa and corn; mix well. Simmer 5 min., stirring frequently.

Spread 1 cup meat mixture onto bottom of 8- or 9-inch square baking dish sprayed with cooking spray; top with layers of 1 tortilla, 1/2 cup meat mixture, sour cream and 1/4 cup cheese. Cover with second tortilla, 1 cup of the remaining meat mixture and 1/4 cup cheese; top with remaining tortilla and meat mixture. Cover.

Bake 25 min. or until heated through. Top with remaining cheese; bake, uncovered, 5 min. or until melted.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:2.35, Inflammation Score:-10, Nutrition Score:73.016521847766%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg, Luteolin: 5.62mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg, Quercetin: 16.84mg

Nutrients (% of daily need)

Calories: 1754.15kcal (87.71%), Fat: 69.88g (107.51%), Saturated Fat: 34.82g (217.63%), Carbohydrates: 172.16g (57.39%), Net Carbohydrates: 145.29g (52.83%), Sugar: 24.46g (27.17%), Cholesterol: 335.92mg (111.97%), Sodium: 3861.75mg (167.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 123.76g (247.52%), Zinc: 24.14mg (160.94%), Vitamin C: 128.52mg (155.78%), Phosphorus: 1554.33mg (155.43%), Vitamin B12: 9µg (150.03%), Vitamin B6: 2.96mg (147.91%), Vitamin B3: 28.5mg (142.5%), Selenium: 93.39µg (133.41%), Calcium: 1153.43mg (115.34%), Fiber: 26.87g (107.49%), Potassium: 3573.86mg (102.11%), Vitamin A: 4840.53IU (96.81%), Vitamin B2: 1.52mg (89.17%), Iron: 15.97mg (88.73%), Magnesium: 275.64mg (68.91%), Manganese: 1.18mg (59.25%), Vitamin E: 8.41mg (56.08%), Folate: 200.57µg (50.14%), Vitamin B1: 0.73mg (48.62%), Vitamin B5: 4.27mg (42.73%), Copper: 0.82mg (41.2%), Vitamin K: 32.07µg (30.55%), Vitamin D: 1.08µg (7.19%)