

Mexican Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce beans ranch-style canned
- 14.5 ounce canned tomatoes diced peeled canned
- 2 tablespoons chili powder
- 10.8 ounce cream of mushroom soup canned
- 12 ounce corn tortillas
- 1 pound ground beef lean
- 4 cups cheddar cheese shredded

Equipment

frying pan

oven

Directions

Preheat oven to 350 degrees F (175 degrees C).

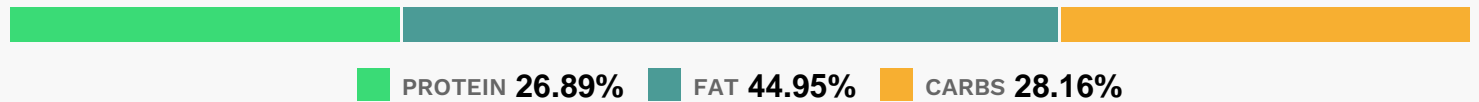
Brown the ground beef in a large skillet over medium high heat.

Add chili powder, beans, tomatoes and soup; mix well and heat thoroughly.

Line a 13x9 inch dish with tortillas. Then make a layer with the meat mixture. Make another row of tortillas, then finish off with rest of meat mixture. Top with grated cheese.

Bake in a preheated oven for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:8.19, Inflammation Score:-6, Nutrition Score:15.50130442951%

Nutrients (% of daily need)

Calories: 326.18kcal (16.31%), Fat: 16.53g (25.43%), Saturated Fat: 8.59g (53.68%), Carbohydrates: 23.3g (7.77%), Net Carbohydrates: 18.47g (6.72%), Sugar: 2.63g (2.92%), Cholesterol: 62.37mg (20.79%), Sodium: 621.91mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.49%), Phosphorus: 396.26mg (39.63%), Calcium: 320.01mg (32%), Zinc: 4.33mg (28.84%), Selenium: 19.83µg (28.33%), Vitamin B12: 1.29µg (21.44%), Fiber: 4.83g (19.32%), Vitamin B2: 0.31mg (18.51%), Manganese: 0.36mg (18.23%), Vitamin B6: 0.35mg (17.7%), Vitamin B3: 3.5mg (17.49%), Vitamin A: 846.97IU (16.94%), Magnesium: 60.14mg (15.04%), Iron: 2.61mg (14.47%), Potassium: 463.02mg (13.23%), Copper: 0.26mg (13.21%), Vitamin E: 1.41mg (9.41%), Vitamin B1: 0.12mg (8.32%), Folate: 27.04µg (6.76%), Vitamin B5: 0.63mg (6.31%), Vitamin K: 5.7µg (5.42%), Vitamin C: 3.44mg (4.17%), Vitamin D: 0.26µg (1.76%)