



Mexican Casserole

READY IN



30 min.

SERVINGS



6

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups cheddar cheese shredded with jalapeño peppers cheese blend (6 oz)
- ☐ 8 oz regular crescent rolls refrigerated canned
- ☐ 1 lb ground beef cooked drained
- ☐ 1 oz taco seasoning
- ☐ 11 oz corn whole with red and green peppers, undrained canned

Equipment

- ☐ frying pan
- ☐ oven

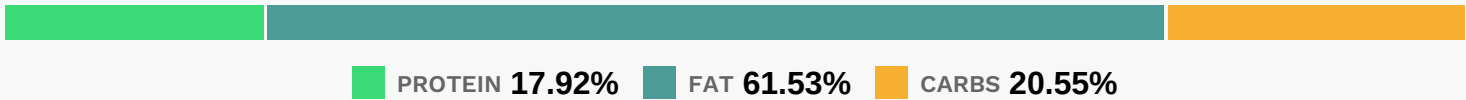
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 glass baking pan

Directions

- ☐ In 10-inch skillet, mix beef, taco seasoning mix and corn.
- ☐ Heat to boiling over medium-high heat, stirring occasionally. Spoon into ungreased 12x8-inch (2-quart) glass baking dish; sprinkle with 1 cup of the cheese.
- ☐ Separate or cut dough into 2 long rectangles (if using crescent rolls, press perforations to seal).
- ☐ Place on top of meat mixture.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake at 375F 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:11.298695807872%

Nutrients (% of daily need)

Calories: 486.92kcal (24.35%), Fat: 33.59g (51.68%), Saturated Fat: 14.74g (92.13%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 24.35g (8.85%), Sugar: 4.76g (5.29%), Cholesterol: 81.93mg (27.31%), Sodium: 998.06mg (43.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.02g (44.04%), Vitamin B12: 1.92µg (31.95%), Zinc: 4.34mg (28.95%), Selenium: 19.33µg (27.62%), Phosphorus: 270.14mg (27.01%), Calcium: 214.37mg (21.44%), Vitamin B3: 3.62mg (18.08%), Vitamin A: 726.31IU (14.53%), Vitamin B2: 0.24mg (14.37%), Iron: 2.42mg (13.45%), Vitamin B6: 0.26mg (13.18%), Potassium: 286.16mg (8.18%), Folate: 26.3µg (6.57%), Magnesium: 26.2mg (6.55%), Vitamin B5: 0.5mg (4.96%), Vitamin C: 3.01mg (3.65%), Copper: 0.07mg (3.58%), Fiber: 0.89g (3.55%), Vitamin E: 0.52mg (3.48%), Vitamin B1: 0.05mg (3.23%), Manganese: 0.04mg (1.97%), Vitamin K: 2.04µg (1.94%), Vitamin D: 0.25µg (1.63%)