



Mexican Lasagna

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado chopped
- ☐ 9 6-inch corn tortillas ()
- ☐ 10.8 ounce cream of celery soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.7 cup tomatoes and chiles diced green canned
- ☐ 10 ounce enchilada sauce canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic powder

- ☐ 4 green onions chopped
- ☐ 0.5 pound ground beef
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 pound ground mild pork sausage
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 0.5 teaspoon pepper
- ☐ 15 ounce jalapeno pinto beans ranch-style drained canned
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces cheddar cheese shredded
- ☐ 1 medium tomatoes diced seeded

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook sausage and ground beef in a large skillet over medium-high heat, stirring until meat crumbles and is no longer pink.
- ☐ Drain. Stir in beans and next 5 ingredients; cook until thoroughly heated.
- ☐ Stir together soups and enchilada sauce in a saucepan; cook until thoroughly heated.
- ☐ Spoon one-third of sauce onto bottom of a lightly greased 13- x 9-inch baking dish; top with 3 tortillas. Spoon half of beef mixture and one-third of sauce over tortillas; sprinkle with half of Cheddar cheese. Top with 3 tortillas; repeat layers ending with tortillas.
- ☐ Sprinkle with Monterey Jack cheese and next 3 ingredients.
- ☐ Bake at 350 for 30 minutes. Top with avocado.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:8.49, Inflammation Score:-8, Nutrition Score:23.954782548158%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 582.24kcal (29.11%), Fat: 34.74g (53.45%), Saturated Fat: 14.46g (90.37%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 29.98g (10.9%), Sugar: 4.69g (5.21%), Cholesterol: 87.6mg (29.2%), Sodium: 1435.67mg (62.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.56g (59.12%), Phosphorus: 494.31mg (49.43%), Fiber: 9.86g (39.45%), Calcium: 394.36mg (39.44%), Folate: 135.72µg (33.93%), Zinc: 4.9mg (32.67%), Manganese: 0.64mg (32.2%), Vitamin K: 31.33µg (29.84%), Selenium: 20.37µg (29.09%), Vitamin B6: 0.52mg (26.25%), Vitamin B2: 0.4mg (23.55%), Vitamin B12: 1.34µg (22.37%), Potassium: 777.35mg (22.21%), Vitamin B3: 4.33mg (21.67%), Magnesium: 86.41mg (21.6%), Iron: 3.82mg (21.25%), Vitamin A: 1044.28IU (20.89%), Copper: 0.41mg (20.66%), Vitamin B1: 0.29mg (19.03%), Vitamin E: 2.33mg (15.52%), Vitamin B5: 1.44mg (14.44%), Vitamin C: 9.17mg (11.12%), Vitamin D: 0.65µg (4.35%)