



## Mexican Lasagna

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2.3 oz olives black drained sliced canned
- 1 tsp chili powder
- 12 6-inch corn tortillas divided ()
- 16 oz knudsen cottage cheese
- 0.5 cup pasilla peppers green chopped
- 1 tsp ground cumin
- 1 lb ground beef lean
- 0.5 cup onions chopped

- 2.5 cups taco bellâ® & chunky salsa thick
- 1 cup sharp cheddar cheese shredded kraft
- 11 oz kernel corn whole drained canned

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 375F.
- Brown meat with onions and peppers in large skillet; drain. Return meat to skillet.
- Add salsa, corn and seasonings; mix well.
- Layer 1/3 of the meat mixture, and half each of the tortillas and cottage cheese in 13x9-inch baking dish sprayed with cooking spray. Repeat layers; cover with remaining meat sauce.
- Sprinkle with cheddar and olives.
- Bake 30 min. or until heated through.

## Nutrition Facts



**PROTEIN 29.82%** **FAT 33.76%** **CARBS 36.42%**

## Properties

Glycemic Index:2.93, Glycemic Load:1.34, Inflammation Score:-2, Nutrition Score:2.7365217137596%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 55.62kcal (2.78%), Fat: 2.12g (3.26%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.4g (1.6%), Sugar: 0.92g (1.02%), Cholesterol: 9.43mg (3.14%), Sodium: 168.56mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Phosphorus: 70.22mg (7.02%), Selenium: 3.63µg (5.18%),

Zinc: 0.72mg (4.77%), Vitamin B12: 0.27µg (4.44%), Vitamin B6: 0.08mg (4.24%), Vitamin B3: 0.82mg (4.08%), Calcium: 34.87mg (3.49%), Fiber: 0.74g (2.98%), Vitamin B2: 0.05mg (2.95%), Potassium: 102.19mg (2.92%), Magnesium: 11.14mg (2.78%), Vitamin A: 124.95IU (2.5%), Iron: 0.42mg (2.34%), Manganese: 0.05mg (2.3%), Vitamin C: 1.67mg (2.03%), Vitamin E: 0.3mg (2.01%), Copper: 0.03mg (1.72%), Vitamin B5: 0.16mg (1.55%), Vitamin B1: 0.02mg (1.36%), Folate: 5.17µg (1.29%)