

Mexican Lasagna

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce canned tomatoes diced with juice peeled canned
- 0.5 cup colby cheese shredded
- 10 6-inch corn tortillas ()
- 1 pound ground beef lean
- 1 cup salsa prepared
- 1 ounce taco seasoning

Equipment

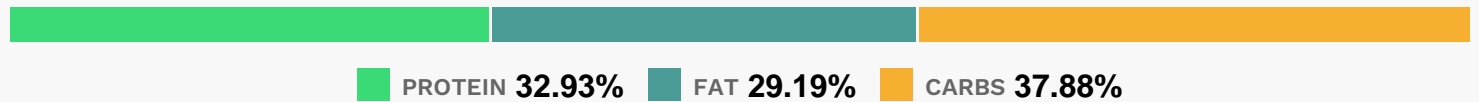
- oven

baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large skillet over medium-high heat, brown the ground beef, and stir in the taco seasoning and tomatoes. Line a 9x13-inch baking dish with half the tortillas. Spoon the beef mixture into the dish, then top with the remaining tortillas.
- Spread salsa over the tortillas and sprinkle with the cheese.
- Bake at 350 degrees F (175 degrees C) for 20 to 30 minutes, or until cheese is melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:8.42, Glycemic Load:8.38, Inflammation Score:-7, Nutrition Score:13.899565269118%

Nutrients (% of daily need)

Calories: 262.83kcal (13.14%), Fat: 8.63g (13.27%), Saturated Fat: 4.13g (25.8%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 20.79g (7.56%), Sugar: 2.98g (3.31%), Cholesterol: 57.32mg (19.11%), Sodium: 801.31mg (34.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.9g (43.8%), Phosphorus: 349.89mg (34.99%), Zinc: 4.84mg (32.27%), Vitamin B12: 1.78µg (29.75%), Vitamin B3: 5.3mg (26.49%), Selenium: 17.78µg (25.4%), Vitamin B6: 0.48mg (23.81%), Fiber: 4.4g (17.59%), Iron: 2.92mg (16.2%), Vitamin A: 761.45IU (15.23%), Magnesium: 57.19mg (14.3%), Potassium: 467.94mg (13.37%), Calcium: 129.39mg (12.94%), Vitamin B2: 0.2mg (12.06%), Manganese: 0.2mg (9.96%), Copper: 0.16mg (7.89%), Vitamin B5: 0.64mg (6.43%), Vitamin E: 0.89mg (5.95%), Vitamin B1: 0.09mg (5.9%), Vitamin C: 2.95mg (3.58%), Folate: 9.66µg (2.41%), Vitamin K: 2.34µg (2.23%)