



Mexican Lasagna with Cactus

READY IN



80 min.

SERVINGS



16

CALORIES



984 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 ounce enchilada sauce divided canned
- ☐ 60 ounce flour tortillas divided cut in half -
- ☐ 4 pounds ground beef
- ☐ 32 ounce mexican cheese blend shredded divided reduced-fat
- ☐ 24 ounce queso fresco divided thinly sliced (Mexican cheese)
- ☐ 32 ounce refried beans fat-free canned
- ☐ 2 envelopes taco seasoning
- ☐ 16 ounce nopalitos divided drained sliced (cactus)
- ☐ 16 ounce nopalitos divided drained sliced (cactus)

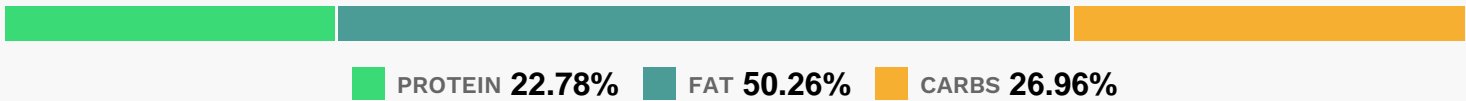
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a large disposable aluminum roasting pan with cooking spray.
- ☐ Brown ground beef in a large skillet over medium heat, breaking the meat into crumbles as it browns, 10 to 12 minutes.
- ☐ Drain excess grease and stir in taco seasoning and half the enchilada sauce. Reserve remaining enchilada sauce for later use. Bring beef mixture to a boil, reduce heat to low, and simmer until thickened, about 5 minutes. Set meat aside.
- ☐ Layer one package of tortillas into the bottom of the prepared aluminum roasting pan and spread refried beans evenly in a layer over the tortillas. Arrange 1 more package of halved tortillas over the beans, and top with slices of queso fresco.
- ☐ Spread 1 package of reduced-fat Mexican cheese blend over queso fresco slices.
- ☐ Lay half the sliced nopalitos in a criss-cross pattern over the shredded cheese.
- ☐ Top nopalito layer with 1 more package of tortillas and spread beef mixture over the tortillas; top with remaining package of tortillas. Finish casserole with remaining enchilada sauce and remaining 1 package cheese blend. Top the cheese with remaining nopalito slices arranged in a criss-cross pattern.
- ☐ Bake in the preheated oven until casserole is bubbling and the cheese topping is melted and starting to brown, 25 to 30 minutes.
- ☐ Serve in squares.

Nutrition Facts



Properties

Glycemic Index:4.56, Glycemic Load:18.06, Inflammation Score:-8, Nutrition Score:33.667826030565%

Nutrients (% of daily need)

Calories: 983.54kcal (49.18%), Fat: 54.29g (83.53%), Saturated Fat: 25.61g (160.07%), Carbohydrates: 65.54g (21.85%), Net Carbohydrates: 58.57g (21.3%), Sugar: 9.53g (10.59%), Cholesterol: 156.06mg (52.02%), Sodium: 2322.77mg (100.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.38g (110.76%), Calcium: 1126.61mg (112.66%), Phosphorus: 914.98mg (91.5%), Selenium: 55.88µg (79.83%), Vitamin B12: 3.89µg (64.85%), Zinc: 9.02mg (60.14%), Vitamin B3: 9.57mg (47.87%), Vitamin B2: 0.77mg (45.47%), Vitamin B1: 0.61mg (40.69%), Iron: 7.2mg (40%), Folate: 124.74µg (31.18%), Fiber: 6.97g (27.88%), Manganese: 0.55mg (27.29%), Vitamin B6: 0.5mg (25.13%), Vitamin A: 1002.19IU (20.04%), Magnesium: 73.14mg (18.29%), Potassium: 527.94mg (15.08%), Vitamin K: 11.67µg (11.11%), Copper: 0.2mg (10.11%), Vitamin B5: 0.85mg (8.49%), Vitamin E: 0.67mg (4.45%), Vitamin D: 0.55µg (3.69%), Vitamin C: 1.05mg (1.27%)