



Mexican Style Lasagna

READY IN



50 min.

SERVINGS



50

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 6-inch flour tortillas ()
- 1.5 lb ground beef lean
- 4 oz mexican velveeta® cut into 1/2-inch cubes
- 0.5 cup cheddar & monterey jack cheeses shredded kraft
- 0.8 cup taco bell® & chunky salsa thick
- 0.3 cup water

Equipment

- frying pan

- oven
- baking pan

Directions

- Heat oven to 400F.
- Brown meat in large skillet; drain.
- Add water and VELVEETA; stir until VELVEETA is melted.
- Remove from heat. Stir in salsa.
- Spread 1/4 of meat mixture into 8-inch square baking dish sprayed with cooking spray; top with 2 tortillas. Repeat layers 2 times. Top with remaining meat mixture and shredded cheese. Cover.
- Bake 30 min. Uncover.
- Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:1.22, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:1.9808695581944%

Nutrients (% of daily need)

Calories: 39.04kcal (1.95%), Fat: 1.67g (2.57%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.99g (0.73%), Sugar: 0.36g (0.4%), Cholesterol: 10.64mg (3.55%), Sodium: 77.27mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Vitamin B12: 0.31µg (5.24%), Zinc: 0.75mg (5.02%), Selenium: 3.37µg (4.81%), Vitamin B3: 0.95mg (4.76%), Phosphorus: 40.62mg (4.06%), Vitamin B6: 0.06mg (3.16%), Iron: 0.48mg (2.66%), Vitamin B2: 0.04mg (2.22%), Calcium: 19.67mg (1.97%), Potassium: 62.56mg (1.79%), Vitamin B1: 0.03mg (1.68%), Manganese: 0.02mg (1.18%), Magnesium: 4.69mg (1.17%), Folate: 4.42µg (1.11%), Vitamin B5: 0.1mg (1.04%)