



Mexican Tortilla Skillet

READY IN



25 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 flour tortilla
- ☐ 1 clove garlic minced
- ☐ 1 pound ground beef
- ☐ 0.5 cup salsa
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 packet taco seasoning homemade store-bought
- ☐ 2 cups canned tomatoes fresh pureed canned

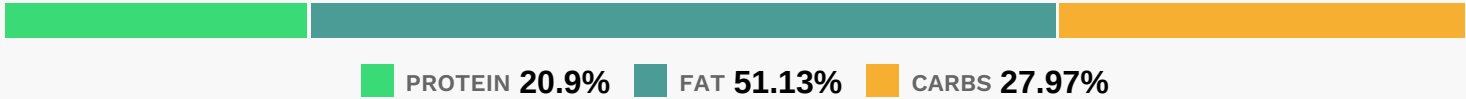
Equipment

- ☐ frying pan
- ☐ kitchen scissors
- ☐ pizza cutter

Directions

- ☐ Heat a large skillet over high heat until hot.
- ☐ Add ground beef, garlic, and taco seasoning. Cook until beef is browned, breaking it into small pieces with the side of a spoon and mixing everything together.
- ☐ While beef is browning, slice tortillas into 1-inch squares. A pizza cutter or scissors works well for this.
- ☐ Add tomatoes, salsa, and cut-up tortillas to skillet and cook for 5 minutes over medium heat. If it seems dry, you can add a little water. Once this is heated through, sprinkle cheese over top and cover for a few minutes. Once cheese is melted, it is ready to serve.
- ☐ Sprinkle with chopped green pepper (if using) for a little color, crunch, and a healthy dose of vitamin C. Note: Don't ask me why, but very often the price of the tortillas sold in the Hispanic foods section of a supermarket is lower than that of the tortillas sold in the refrigerator case of the very same supermarket. Check it out at your store.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:9.66, Inflammation Score:-8, Nutrition Score:24.545217405195%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 549.07kcal (27.45%), Fat: 31.48g (48.43%), Saturated Fat: 12.78g (79.89%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 32.64g (11.87%), Sugar: 9.93g (11.03%), Cholesterol: 94.64mg (31.55%), Sodium: 1578.55mg (68.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.95g (57.9%), Selenium: 32.17µg (45.95%), Vitamin B3: 8.64mg (43.19%), Vitamin B12: 2.58µg (42.94%), Zinc: 5.9mg (39.32%), Phosphorus: 386.83mg (38.68%), Iron: 6.17mg (34.27%), Vitamin B6: 0.65mg (32.53%), Vitamin A: 1378.59IU (27.57%), Vitamin B1: 0.38mg (25.52%), Vitamin B2: 0.43mg (25.36%), Manganese: 0.51mg (25.29%), Fiber: 6.12g (24.48%), Calcium:

237.57mg (23.76%), Potassium: 814.69mg (23.28%), Vitamin C: 15.92mg (19.3%), Copper: 0.37mg (18.27%), Folate: 70.26µg (17.56%), Vitamin E: 2.48mg (16.54%), Magnesium: 62.25mg (15.56%), Vitamin K: 13.41µg (12.77%), Vitamin B5: 1.11mg (11.08%), Vitamin D: 0.2µg (1.32%)