



Mile-High Salsa Pie

READY IN



40 min.

SERVINGS



6

CALORIES



449 kcal

Ingredients

- ☐ 15 oz kidney beans rinsed drained canned
- ☐ 8.7 oz old el taco dinner kit soft taco bake®
- ☐ 4 oz monterrey jack cheese shredded
- ☐ 16 oz salsa thick
- ☐ 1 lb chicken breast boneless skinless 80% lean chopped (at least)
- ☐ 1 cup water

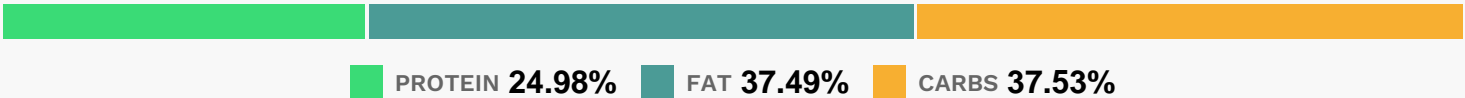
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400F. In 10-inch nonstick skillet, cook beef or chicken, stirring occasionally, until thoroughly cooked; drain. Stir in seasoning mix (from dinner kit), water and half of the cheese sauce (from dinner kit).
- ☐ Heat to boiling over high heat, stirring occasionally. Reduce heat to medium-high. Simmer uncovered 4 minutes, stirring occasionally. Stir in kidney beans and remaining cheese sauce; heat until hot.
- ☐ In ungreased 2-quart casserole, place 1 tortilla (from dinner kit).
- ☐ Layer with 1/4 of the salsa, beef mixture and cheese. Repeat layers, using up ingredients and ending with cheese on top.
- ☐ Cover; bake 17 to 22 minutes or until cheese is melted.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:15.31, Inflammation Score:-6, Nutrition Score:17.667391238005%

Nutrients (% of daily need)

Calories: 448.94kcal (22.45%), Fat: 18.77g (28.88%), Saturated Fat: 11.51g (71.91%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 36.76g (13.37%), Sugar: 24.31g (27.01%), Cholesterol: 69.73mg (23.24%), Sodium: 902.63mg (39.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.76mg (1.92%), Protein: 28.14g (56.29%), Vitamin B3: 9.3mg (46.52%), Selenium: 30.45µg (43.5%), Phosphorus: 397.48mg (39.75%), Vitamin B6: 0.78mg (38.96%), Calcium: 239.06mg (23.91%), Fiber: 5.53g (22.11%), Potassium: 769.3mg (21.98%), Magnesium: 72.96mg (18.24%), Vitamin B2: 0.31mg (18.08%), Manganese: 0.35mg (17.31%), Vitamin B5: 1.62mg (16.25%), Copper: 0.28mg (13.83%), Vitamin B1: 0.2mg (13.39%), Vitamin A: 564.19IU (11.28%), Iron: 2.03mg (11.28%), Zinc: 1.64mg (10.91%), Vitamin B12: 0.54µg (8.97%), Vitamin E: 1.27mg (8.46%), Vitamin K: 8.84µg (8.42%), Folate: 33.63µg (8.41%), Vitamin C: 2.91mg (3.53%), Vitamin D: 0.19µg (1.26%)