



## Nacho Chip Casserole

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



6

CALORIES



520 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 ounce to 2 chilies slit diced with green chile peppers canned
- 10.8 ounce cream of mushroom soup canned
- 1 pound ground beef
- 6 servings pepper black to taste
- 8 ounce tortilla chips
- 6 ounces processed cheese food sliced
- 6 servings salt to taste

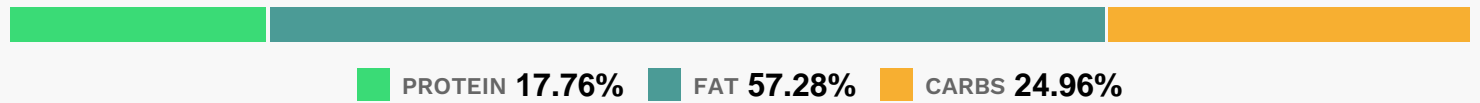
### Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium skillet over high heat, brown the ground beef and season with salt and pepper to taste; drain fat. Stir in diced tomatoes with green chile peppers and condensed cream of mushroom soup.
- Cover the bottom and sides of a 9x13 inch baking dish with nacho-flavor tortilla chips.
- Pour in the meat mixture. Top with remaining tortilla chips and about 12 slices of processed cheese food, or enough to cover the entire surface of the dish.
- Bake in the preheated oven 15 to 20 minutes, or until cheese is lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:9.83, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:15.298695610917%

## Nutrients (% of daily need)

Calories: 519.6kcal (25.98%), Fat: 33.18g (51.04%), Saturated Fat: 12.59g (78.71%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 28.81g (10.48%), Sugar: 2.51g (2.79%), Cholesterol: 84.56mg (28.19%), Sodium: 1359.63mg (59.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Phosphorus: 401.1mg (40.11%), Vitamin B12: 2.12µg (35.41%), Calcium: 352.52mg (35.25%), Zinc: 4.95mg (32.99%), Selenium: 18.74µg (26.76%), Vitamin B3: 3.99mg (19.96%), Vitamin B6: 0.35mg (17.39%), Fiber: 3.73g (14.91%), Iron: 2.59mg (14.37%), Magnesium: 55.71mg (13.93%), Vitamin B2: 0.24mg (13.84%), Vitamin E: 1.87mg (12.48%), Potassium: 375.7mg (10.73%), Vitamin B5: 1.04mg (10.4%), Copper: 0.2mg (9.94%), Vitamin K: 10.16µg (9.68%), Manganese: 0.18mg (9.24%), Vitamin C: 5.67mg (6.87%), Vitamin B1: 0.1mg (6.66%), Vitamin A: 269.58IU (5.39%), Folate: 15.67µg (3.92%), Vitamin D: 0.25µg (1.64%)