



Nacho Grande Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



841 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 oz tomato sauce canned
- ☐ 32 oz spicy chili beans canned
- ☐ 16 oz corn kernels frozen thawed
- ☐ 8 servings garnish: tomatoes and green onions chopped
- ☐ 2 pounds ground beef
- ☐ 3 cups cheddar jack cheese shredded divided finely
- ☐ 3 cups nacho-flavored tortilla chips divided crushed
- ☐ 1 onion chopped

☐ 1.3 oz taco seasoning

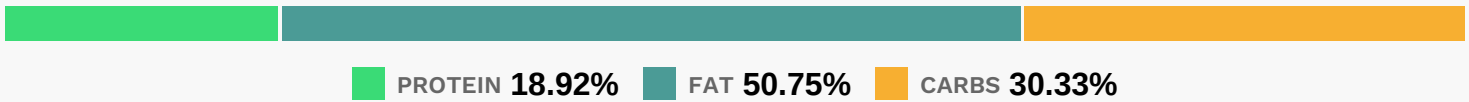
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Cook ground beef and onion in a Dutch oven over medium-high heat, stirring until beef crumbles and is no longer pink; drain.
- ☐ Add beans, corn, tomato sauce and seasoning mix; stir until blended. Simmer over medium heat 10 minutes.
- ☐ Pour half of beef mixture into a lightly greased 13"x9" baking pan. Top with 1 1/2 cups each of cheese and crushed chips; top with remaining beef mixture and remaining 1 1/2 cups each of cheese and chips.
- ☐ Bake, uncovered, at 350 degrees for 25 to 30 minutes or until bubbly and golden.
- ☐ Sprinkle with chopped tomatoes and green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:1.57, Inflammation Score:-8, Nutrition Score:30.415652451308%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 840.96kcal (42.05%), Fat: 48.02g (73.88%), Saturated Fat: 18.38g (114.89%), Carbohydrates: 64.59g (21.53%), Net Carbohydrates: 54.34g (19.76%), Sugar: 12.39g (13.77%), Cholesterol: 122.89mg (40.96%), Sodium: 2043.78mg (88.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.27g (80.55%), Phosphorus: 691.55mg (69.16%), Zinc: 9.5mg (63.36%), Vitamin B12: 2.89µg (48.12%), Selenium: 33.14µg (47.34%), Vitamin B6: 0.87mg

(43.61%), Calcium: 417.49mg (41.75%), Fiber: 10.25g (40.98%), Vitamin B2: 0.65mg (38.15%), Potassium: 1196.93mg (34.2%), Magnesium: 135.89mg (33.97%), Iron: 6.11mg (33.96%), Vitamin B3: 6.73mg (33.63%), Vitamin K: 26.49µg (25.23%), Copper: 0.5mg (25.05%), Vitamin A: 1170.81IU (23.42%), Vitamin E: 3.4mg (22.64%), Folate: 83.71µg (20.93%), Vitamin B5: 1.64mg (16.42%), Vitamin B1: 0.21mg (14.01%), Vitamin C: 10.69mg (12.96%), Manganese: 0.16mg (8.22%), Vitamin D: 0.37µg (2.45%)