



Our Favorite Mexican Style Lasagna

READY IN



60 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce pinto beans rinsed canned
- 1.5 cups cheese shredded with a touch of philadelphia mexican style kraft
- 6 6-inch flour tortilla ()
- 1 pound ground beef
- 0.8 cup salsa thick
- 1.3 ounce taco seasoning

Equipment

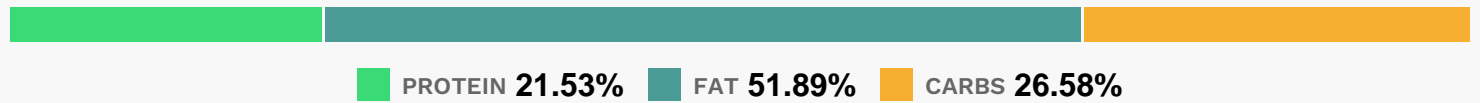
- frying pan

- oven
- baking pan

Directions

- Heat oven to 400 degrees F.
- Brown meat in large skillet; drain. Stir in salsa and seasoning mix; simmer on low heat 10 min., stirring occasionally.
- Spread 1/2 cup onto bottom of 8-inch square baking dish sprayed with cooking spray; cover with 2 tortillas.
- Top with layers of 1/2 cup meat mixture, half the beans, 1/2 cup cheese and 2 tortillas. Repeat layers. Top with remaining meat mixture and cheese; cover.
- Bake 30 min.; uncover.
- Let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:8.24, Inflammation Score:-7, Nutrition Score:18.401739094568%

Nutrients (% of daily need)

Calories: 477.73kcal (23.89%), Fat: 27.58g (42.43%), Saturated Fat: 12.19g (76.19%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 25.78g (9.37%), Sugar: 4.28g (4.75%), Cholesterol: 81.93mg (27.31%), Sodium: 1335.86mg (58.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.5%), Phosphorus: 386.23mg (38.62%), Selenium: 26.32µg (37.6%), Zinc: 4.82mg (32.12%), Vitamin B12: 1.92µg (31.95%), Calcium: 299.55mg (29.95%), Vitamin B3: 5.09mg (25.45%), Fiber: 6.01g (24.02%), Iron: 4.18mg (23.21%), Manganese: 0.42mg (21.03%), Vitamin B2: 0.34mg (20.17%), Vitamin A: 993.12IU (19.86%), Vitamin B6: 0.39mg (19.55%), Vitamin B1: 0.24mg (15.99%), Potassium: 542.83mg (15.51%), Folate: 57.73µg (14.43%), Magnesium: 55.34mg (13.84%), Copper: 0.22mg (11.13%), Vitamin E: 1.32mg (8.82%), Vitamin B5: 0.71mg (7.07%), Vitamin K: 7.05µg (6.72%), Vitamin C: 3.77mg (4.57%), Vitamin D: 0.25µg (1.63%)