



 **94%**  
HEALTH SCORE

## Our Favorite Mexican-Style Lasagna

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz pinto beans rinsed canned
- 1.5 cups four cheese shredded with a touch of philadelphia mexican style kraft
- 6 6-inch flour tortillas ( )
- 1 lb ground beef lean
- 0.8 cup taco bellâ® & chunky salsa thick
- 1 oz taco bellâ® taco seasoning mix

### Equipment

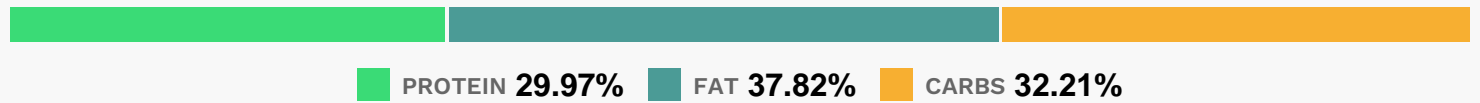
- frying pan

- oven
- baking pan

## Directions

- Heat oven to 400F.
- 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-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:106, Glycemic Load:49.45, Inflammation Score:-10, Nutrition Score:78.420869702878%

## Nutrients (% of daily need)

Calories: 2322.33kcal (116.12%), Fat: 97.44g (149.91%), Saturated Fat: 48.54g (303.4%), Carbohydrates: 186.71g (62.24%), Net Carbohydrates: 152.01g (55.28%), Sugar: 24.32g (27.03%), Cholesterol: 450.73mg (150.24%), Sodium: 7438.79mg (323.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 173.74g (347.47%), Phosphorus: 2498.85mg (249.88%), Selenium: 168.79µg (241.13%), Zinc: 33.03mg (220.23%), Vitamin B12: 11.96µg (199.29%), Vitamin B3: 36.29mg (181.44%), Calcium: 1756.45mg (175.65%), Iron: 26.58mg (147.69%), Fiber: 34.7g (138.8%), Vitamin B6: 2.66mg (132.96%), Manganese: 2.52mg (126.21%), Vitamin B2: 2.12mg (124.46%), Vitamin A: 5293.86IU (105.88%), Potassium: 3601.71mg (102.91%), Vitamin B1: 1.43mg (95.33%), Magnesium: 354.74mg (88.68%), Folate: 337.33µg (84.33%), Copper: 1.41mg (70.4%), Vitamin E: 7.34mg (48.96%), Vitamin B5: 4.88mg (48.8%), Vitamin K: 35.51µg (33.82%), Vitamin C: 19.44mg (23.56%), Vitamin D: 1.47µg (9.8%)