



Potato and Beef-Tortilla Skillet

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ground beef lean
- 4.7 oz potatoes
- 3 cups water hot
- 11 ounces corn whole with red and green peppers, drained canned
- 4 ounces monterrey jack cheese shredded
- 1 cup tortilla chips crushed

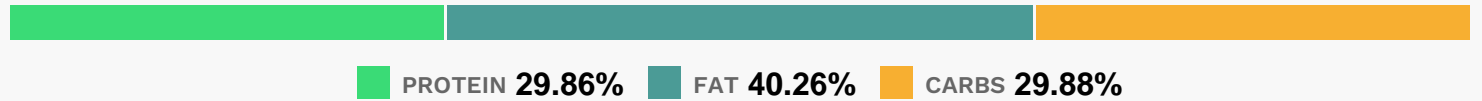
Equipment

- frying pan

Directions

- Cook beef in 10-inch skillet over medium heat, stirring occasionally, until beef is brown; drain.
- Stir in Potatoes, Sauce
- Mix and hot water.
- Heat to boiling; reduce heat. Simmer uncovered 22 minutes, stirring occasionally, until potatoes are tender.
- Stir in corn; sprinkle with cheese. Cover and simmer 2 to 3 minutes, without stirring, until corn is hot and cheese is melted.
- Sprinkle with tortilla chips immediately before serving.

Nutrition Facts



Properties

Glycemic Index:22.15, Glycemic Load:3.45, Inflammation Score:-4, Nutrition Score:15.333912953087%

Flavonoids

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 384.11kcal (19.21%), Fat: 17.08g (26.28%), Saturated Fat: 7.16g (44.77%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 26.7g (9.71%), Sugar: 0.5g (0.56%), Cholesterol: 76.43mg (25.48%), Sodium: 381.75mg (16.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.51g (57.02%), Zinc: 5.88mg (39.21%), Phosphorus: 372.83mg (37.28%), Vitamin B12: 2.22µg (37.01%), Vitamin B3: 5.97mg (29.83%), Selenium: 20.17µg (28.81%), Vitamin B6: 0.49mg (24.67%), Calcium: 210.44mg (21.04%), Iron: 3.02mg (16.76%), Potassium: 558.65mg (15.96%), Vitamin B2: 0.27mg (15.79%), Magnesium: 59.81mg (14.95%), Vitamin B5: 0.98mg (9.81%), Copper: 0.17mg (8.51%), Folate: 33.73µg (8.43%), Vitamin C: 6.31mg (7.65%), Vitamin E: 1.13mg (7.52%), Fiber: 1.83g (7.31%), Vitamin B1: 0.1mg (6.9%), Vitamin K: 6.15µg (5.86%), Manganese: 0.09mg (4.36%), Vitamin A: 175.63IU (3.51%), Vitamin D: 0.23µg (1.51%)