



Potato Taco Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



5

CALORIES



325 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound ground beef
- ☐ 0.7 cup milk
- ☐ 1 package potatoes
- ☐ 4 ounces cheddar cheese shredded
- ☐ 1 cup tortilla chips
- ☐ 2.3 cups water boiling

Equipment

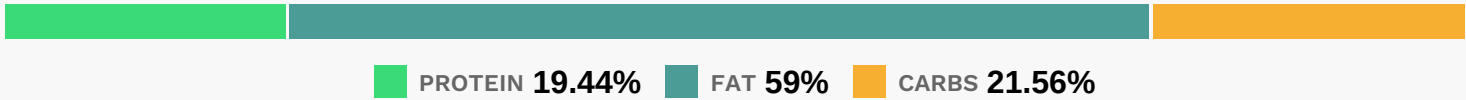
- ☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 400F.
- ☐ Cook beef in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
- ☐ Mix uncooked Potatoes, Sauce
- ☐ Mix, boiling water and milk in ungreased 2-quart round casserole. Stir in beef and 1/2 cup of the cheese.
- ☐ Bake uncovered about 30 minutes or until top is light golden brown.
- ☐ Sprinkle chips over casserole; sprinkle remaining cheese over chips.
- ☐ Bake 3 to 5 minutes longer or until cheese is melted.
- ☐ Let stand 2 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.35, Glycemic Load:0.6, Inflammation Score:-3, Nutrition Score:9.1465217388518%

Nutrients (% of daily need)

Calories: 324.64kcal (16.23%), Fat: 21.34g (32.83%), Saturated Fat: 8.59g (53.67%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 16.3g (5.93%), Sugar: 2.02g (2.25%), Cholesterol: 57.65mg (19.22%), Sodium: 261.19mg (11.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.64%), Phosphorus: 255.73mg (25.57%), Vitamin B12: 1.43µg (23.76%), Calcium: 225.24mg (22.52%), Zinc: 3.04mg (20.27%), Selenium: 11.84µg (16.91%), Vitamin B2: 0.2mg (11.78%), Vitamin B6: 0.22mg (11.1%), Vitamin B3: 2.17mg (10.86%), Magnesium: 37.72mg (9.43%), Iron: 1.36mg (7.58%), Vitamin E: 1.07mg (7.14%), Vitamin B5: 0.68mg (6.79%), Potassium: 233.25mg (6.66%), Vitamin K: 6.29µg (5.99%), Vitamin B1: 0.08mg (5.02%), Fiber: 1.25g (4.99%), Vitamin A: 202.86IU (4.06%), Copper: 0.07mg (3.66%), Vitamin D: 0.52µg (3.44%), Folate: 8.92µg (2.23%)