



Slow-Cooker Taco Casserole

 Gluten Free

READY IN



450 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds ground beef lean
- ☐ 14.5 ounces canned tomatoes diced with green chilies, undrained canned
- ☐ 10.8 ounces campbell's® condensed onion soup canned
- ☐ 1 oz taco seasoning
- ☐ 0.5 cup water
- ☐ 6 6-inch corn tortillas cut into 1/2-inch strips (5 or es in diameter)
- ☐ 4 ounces cheddar cheese shredded
- ☐ 3 tablespoons spring onion sliced

☐ 0.5 cup cream sour

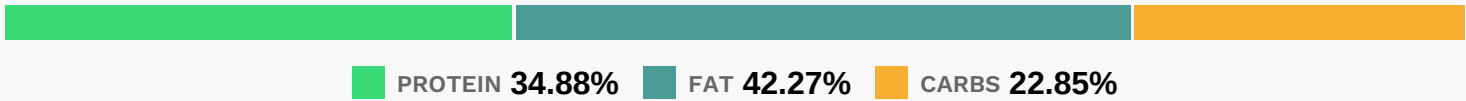
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Cook beef in 10-inch skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.
- ☐ Mix beef, tomatoes, soup, seasoning mix (dry) and water in 3 1/2- to 5-quart slow cooker. Gently stir in tortilla strips.
- ☐ Cover and cook on Low heat setting 7 to 8 hours.
- ☐ Sprinkle cheese over casserole; cover and let stand about 5 minutes or until cheese is melted.
- ☐ Sprinkle with onions; serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:5.2, Inflammation Score:-6, Nutrition Score:19.325651801151%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 366.87kcal (18.34%), Fat: 17.25g (26.55%), Saturated Fat: 8.65g (54.06%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 17.29g (6.29%), Sugar: 5.14g (5.71%), Cholesterol: 102.55mg (34.18%), Sodium: 867.7mg (37.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.03g (64.06%), Zinc: 6.98mg (46.53%), Vitamin B12: 2.78µg (46.35%), Phosphorus: 421.42mg (42.14%), Selenium: 27.46µg (39.23%), Vitamin B3: 7.15mg (35.76%), Vitamin B6: 0.6mg (30.01%), Potassium: 841.83mg (24.05%), Iron: 4.09mg (22.72%), Calcium: 216.36mg (21.64%), Vitamin B2: 0.36mg (20.89%), Vitamin A: 862.62IU (17.25%), Fiber: 3.7g (14.78%), Magnesium: 59.02mg (14.76%), Vitamin C: 9.23mg (11.19%), Vitamin B5: 0.98mg (9.82%), Copper: 0.19mg (9.5%), Vitamin K: 9.28µg (8.84%), Manganese: 0.16mg (7.88%), Vitamin B1: 0.11mg (7.52%), Vitamin E: 1.09mg (7.25%), Folate: 19.49µg (4.87%), Vitamin D: 0.23µg (1.51%)