



Speedy Enchilada Bake

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 oz tortilla chips
- ☐ 10 oz enchilada sauce canned
- ☐ 0.3 cup spring onion sliced (4 medium)
- ☐ 18 oz sauce refrigerated with seasoned ground beef
- ☐ 1 cup plum tomatoes italian chopped (3 medium)
- ☐ 8 oz cheddar cheese shredded
- ☐ 11 oz corn whole with red and green peppers canned

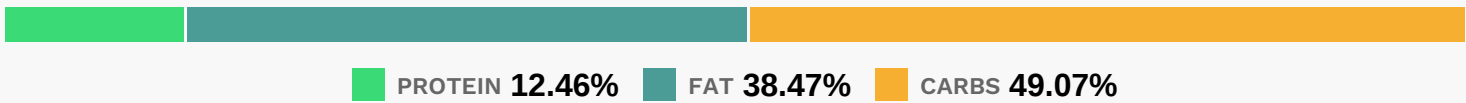
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In medium bowl, mix tomatoes, corn and enchilada sauce.
- ☐ In baking dish, layer half of the taco sauce with ground beef, 1 1/2 cups of the chips, 1/2 cup of the cheese and half of corn mixture. Top with remaining taco sauce with ground beef, 1 1/2 cups chips, 1/2 cup cheese and remaining corn mixture.
- ☐ Sprinkle with remaining 1 cup cheese and the onions. Arrange remaining 1 cup chips upright around edge of dish, overlapping as necessary.
- ☐ Bake uncovered 35 to 40 minutes or until bubbly and thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:10.051739174387%

Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 435.28kcal (21.76%), Fat: 18.66g (28.7%), Saturated Fat: 8.05g (50.3%), Carbohydrates: 53.55g (17.85%), Net Carbohydrates: 50.89g (18.51%), Sugar: 24.24g (26.93%), Cholesterol: 37.8mg (12.6%), Sodium: 1842.29mg (80.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.19%), Calcium: 300.27mg (30.03%), Phosphorus: 258.59mg (25.86%), Vitamin A: 1064.62IU (21.29%), Selenium: 11.76µg (16.8%), Vitamin K: 17.58µg (16.75%), Zinc: 1.94mg (12.95%), Vitamin B2: 0.2mg (11.87%), Fiber: 2.66g (10.64%), Magnesium: 40.94mg (10.23%), Vitamin C: 8.01mg (9.71%), Vitamin E: 1.35mg (9.02%), Folate: 34.43µg (8.61%), Potassium: 237.34mg (6.78%), Vitamin B12: 0.4µg (6.68%), Iron: 0.99mg (5.48%), Vitamin B6: 0.1mg (5.12%), Vitamin B5: 0.47mg (4.74%), Vitamin B1: 0.07mg (4.58%), Vitamin B3: 0.88mg (4.4%), Manganese: 0.08mg (4.23%), Copper: 0.08mg (3.91%), Vitamin D:

0.23µg (1.51%)