



Spicy Beef Nacho Bake

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



1073 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups tortilla chips divided crushed
- 1 pound ground beef
- 15.5 ounce chunky salsa
- 3 cups cheddar cheese shredded divided

Equipment

- frying pan
- oven
- casserole dish

Directions

- Preheat oven to 400 degrees F.
- Brown ground beef with Recipe Ready Jalapeno Peppers in large nonstick skillet over medium-high heat; drain fat.*
- In 11x7-inch casserole dish combine beef mixture with salsa, half the chips and 2 cups cheese. Top with remaining chips and cheese.
- Bake uncovered 20 minutes or until cheese is melted and top is golden brown.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:31.091304478438%

Nutrients (% of daily need)

Calories: 1072.77kcal (53.64%), Fat: 69.56g (107.01%), Saturated Fat: 27.42g (171.37%), Carbohydrates: 67.95g (22.65%), Net Carbohydrates: 61.31g (22.3%), Sugar: 5.14g (5.71%), Cholesterol: 165.26mg (55.09%), Sodium: 1633.79mg (71.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.92g (93.85%), Phosphorus: 796.54mg (79.65%), Calcium: 741.78mg (74.18%), Selenium: 45.78µg (65.4%), Zinc: 9.26mg (61.74%), Vitamin B12: 3.33µg (55.42%), Vitamin B6: 0.77mg (38.62%), Vitamin B2: 0.64mg (37.48%), Vitamin E: 5.49mg (36.57%), Vitamin B3: 6.79mg (33.95%), Magnesium: 131.09mg (32.77%), Vitamin A: 1379.08IU (27.58%), Fiber: 6.63g (26.54%), Vitamin K: 26.72µg (25.44%), Potassium: 811.83mg (23.2%), Iron: 4.11mg (22.82%), Vitamin B5: 2.16mg (21.63%), Vitamin B1: 0.23mg (15.5%), Copper: 0.25mg (12.61%), Folate: 40.48µg (10.12%), Manganese: 0.14mg (7.2%), Vitamin D: 0.62µg (4.15%), Vitamin C: 2.09mg (2.53%)