



## Taco Bake



Gluten Free



Popular

READY IN



65 min.

SERVINGS



8

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 pound ground beef lean
- ☐ 0.5 cup onion chopped
- ☐ 1 oz taco seasoning
- ☐ 16 ounces tomato sauce canned
- ☐ 15.3 ounces corn whole drained canned
- ☐ 8 ounces processed cheese food shredded
- ☐ 1 cup milk
- ☐ 2 eggs

- ☐ 1 serving cream shredded sour chopped
- ☐ 2 cups frangelico

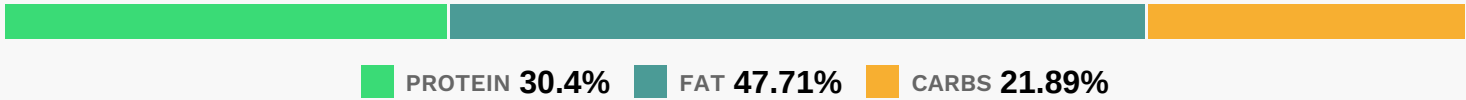
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife

## Directions

- ☐ Heat oven to 325°F. Grease rectangular pan, 13x9x2 inches.
- ☐ Cook ground beef and onion in 10-inch skillet, stirring frequently, until beef is brown; drain. Stir in dry seasoning mix, tomato sauce and corn. Spoon into pan; sprinkle with cheese. Stir Bisquick mix, milk and eggs until smooth.
- ☐ Pour over beef mixture.
- ☐ Bake about 35 minutes or until knife inserted in center comes out clean. Cool 10 minutes before cutting.
- ☐ Serve with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:17.13, Glycemic Load:2, Inflammation Score:-6, Nutrition Score:15.116956576057%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 284.11kcal (14.21%), Fat: 15.11g (23.25%), Saturated Fat: 7.6g (47.52%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 13.91g (5.06%), Sugar: 5.31g (5.9%), Cholesterol: 108.97mg (36.32%), Sodium: 1181.96mg (51.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.67g (43.34%), Phosphorus: 388.08mg (38.81%), Calcium:

357.86mg (35.79%), Vitamin B12: 1.96µg (32.68%), Selenium: 19.99µg (28.56%), Zinc: 4.16mg (27.71%), Vitamin B3: 4.17mg (20.87%), Vitamin A: 964.2IU (19.28%), Vitamin B2: 0.3mg (17.66%), Vitamin B6: 0.34mg (17.15%), Potassium: 542.09mg (15.49%), Iron: 2.64mg (14.69%), Magnesium: 40.42mg (10.11%), Vitamin B5: 0.95mg (9.53%), Vitamin E: 1.34mg (8.94%), Vitamin C: 7.24mg (8.77%), Folate: 33.04µg (8.26%), Copper: 0.15mg (7.55%), Fiber: 1.69g (6.75%), Manganese: 0.13mg (6.28%), Vitamin D: 0.78µg (5.22%), Vitamin B1: 0.08mg (5.04%), Vitamin K: 2.68µg (2.55%)