



## Taco Bake Casserole

READY IN



40 min.

SERVINGS



40

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.8 cup knudsen cream sour
- 1 lb ground beef
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.8 cup taco bellâ® & chunky salsa thick
- 1.5 cups cheddar cheese shredded divided kraft
- 1 oz taco bellâ® taco seasoning mix

## Equipment

- oven

baking pan

## Directions

Heat oven to 400F.

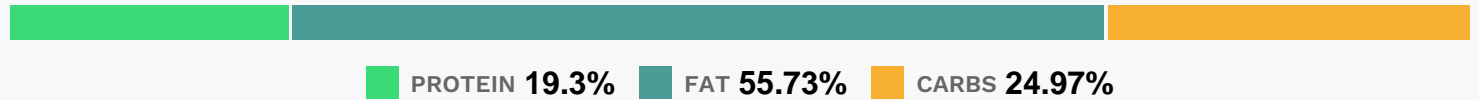
Prepare Dinner as directed on package. While Macaroni is cooking, cook meat with taco seasoning as directed on package.

Stir sour cream into prepared Dinner. Spoon half the Dinner mixture into 8-inch square baking dish sprayed with cooking spray; top with layers of meat mixture, 1 cup shredded cheese and remaining Dinner mixture. Cover.

Bake 15 min.; top with salsa and remaining shredded cheese.

Bake, uncovered, 5 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:2.28, Glycemic Load:2.99, Inflammation Score:-1, Nutrition Score:2.3604347835416%

## Nutrients (% of daily need)

Calories: 90.52kcal (4.53%), Fat: 5.61g (8.64%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 5.44g (1.98%), Sugar: 0.48g (0.53%), Cholesterol: 14.83mg (4.94%), Sodium: 201.81mg (8.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Phosphorus: 80.96mg (8.1%), Zinc: 0.78mg (5.22%), Calcium: 52.11mg (5.21%), Vitamin B12: 0.3µg (4.94%), Selenium: 3.1µg (4.43%), Vitamin A: 159.21IU (3.18%), Iron: 0.5mg (2.8%), Manganese: 0.05mg (2.71%), Vitamin B3: 0.54mg (2.7%), Vitamin B2: 0.04mg (2.6%), Vitamin B6: 0.05mg (2.49%), Potassium: 71.4mg (2.04%), Magnesium: 7.61mg (1.9%), Vitamin E: 0.15mg (1.03%)