

# Taco Bake I

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds ground beef lean
- 2 cups monterrey jack cheese shredded
- 16 ounce refried beans canned
- 16 ounce salsa
- 1.3 ounce taco seasoning

## Equipment

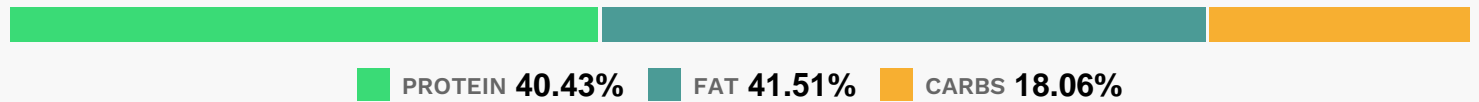
- frying pan
- oven

glass baking pan

## Directions

- Preheat oven to 325 degrees F (160 degrees C).
- In a large, heavy skillet over medium-high heat, brown ground beef, and drain fat.
- Mix in dry taco seasoning.
- Spoon browned meat into a 9x13 inch glass baking dish. Spoon a layer of refried beans over meat, then salsa. Top with shredded cheese.
- Bake about 20 to 25 minutes in the preheated oven.

## Nutrition Facts



## Properties

Glycemic Index:8.25, Glycemic Load:1.52, Inflammation Score:-6, Nutrition Score:14.564347940943%

## Nutrients (% of daily need)

Calories: 284.65kcal (14.23%), Fat: 12.92g (19.88%), Saturated Fat: 7.32g (45.76%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 8.41g (3.06%), Sugar: 4.55g (5.06%), Cholesterol: 77.87mg (25.96%), Sodium: 1280.98mg (55.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.62%), Vitamin B12: 2.14µg (35.66%), Zinc: 5.29mg (35.27%), Phosphorus: 311.97mg (31.2%), Selenium: 19.41µg (27.72%), Vitamin B3: 5.33mg (26.67%), Calcium: 252.99mg (25.3%), Vitamin B6: 0.46mg (22.77%), Vitamin A: 952IU (19.04%), Iron: 3.28mg (18.19%), Fiber: 4.23g (16.94%), Vitamin B2: 0.27mg (15.6%), Potassium: 463.43mg (13.24%), Magnesium: 34.84mg (8.71%), Vitamin B5: 0.72mg (7.2%), Vitamin E: 1mg (6.69%), Copper: 0.11mg (5.57%), Vitamin B1: 0.06mg (3.93%), Manganese: 0.08mg (3.78%), Vitamin C: 3.07mg (3.72%), Vitamin K: 3.34µg (3.18%), Folate: 11.61µg (2.9%), Vitamin D: 0.25µg (1.7%)