



Taco Casserole

READY IN



60 min.

SERVINGS



10

CALORIES



289 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 0.3 cup green onions chopped
- ☐ 1 pound ground beef lean
- ☐ 8 ounces macaroni
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 0.5 cup onion chopped
- ☐ 2 ounces cheddar cheese shredded
- ☐ 1.3 ounce taco seasoning

☐ 1 cup tortilla chips crushed

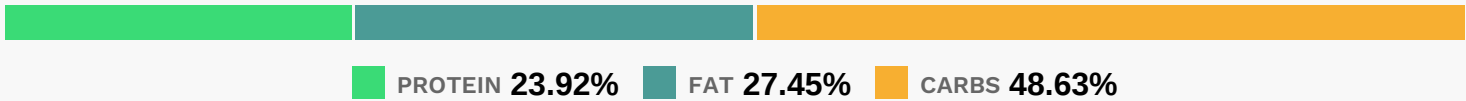
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cook pasta in a large pot of boiling water until al dente.
- ☐ Drain.
- ☐ In a large skillet, cook and stir ground beef and chopped onion over medium heat until brown.
- ☐ Mix in tomato soup, diced tomatoes, and taco seasoning mix. Stir in pasta.
- ☐ Spoon beef mixture into a 9x13 inch baking dish.
- ☐ Sprinkle crumbled taco chips and grated cheese on top.
- ☐ Bake for 30 to 35 minutes, until the cheese is melted.
- ☐ Serve with chopped green onions and sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.66, Inflammation Score:-6, Nutrition Score:13.402608591577%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 288.78kcal (14.44%), Fat: 8.9g (13.69%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 35.47g (11.82%),
Net Carbohydrates: 32.14g (11.69%), Sugar: 6.12g (6.8%), Cholesterol: 38.84mg (12.95%), Sodium: 595.9mg
(25.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.45g (34.9%), Selenium: 26.37µg (37.68%),
Phosphorus: 235.54mg (23.55%), Zinc: 3.35mg (22.36%), Vitamin B3: 3.77mg (18.84%), Vitamin B12: 1.12µg (18.72%),
Manganese: 0.35mg (17.27%), Vitamin B6: 0.34mg (16.9%), Potassium: 547.7mg (15.65%), Iron: 2.61mg (14.48%),
Fiber: 3.33g (13.32%), Vitamin A: 666.12IU (13.32%), Vitamin C: 10.37mg (12.57%), Calcium: 125mg (12.5%),
Magnesium: 48.51mg (12.13%), Vitamin K: 11.2µg (10.67%), Copper: 0.21mg (10.55%), Vitamin B2: 0.17mg (10.11%),
Vitamin E: 1.25mg (8.32%), Vitamin B1: 0.11mg (7.09%), Vitamin B5: 0.69mg (6.87%), Folate: 18.41µg (4.6%)