

Taco Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



7

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups farfalle pasta uncooked
- 14 ounces tomatoes diced undrained canned
- 2 cups tortilla chips crushed
- 0.3 cup onion chopped
- 16 ounces salsa
- 8 ounces cheddar cheese shredded
- 1 envelope taco seasoning

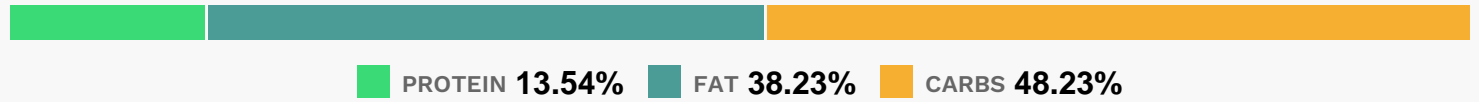
Equipment

- frying pan
- oven
- baking pan

Directions

- Cook pasta according to package directions. Meanwhile, in a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain.
- Add the cheese, salsa, tomatoes and taco seasoning.
- Drain pasta; stir into beef mixture.
- Transfer to a greased 11-in. x 7-in. baking dish. Cover and bake at 350° for 20 minutes. Uncover; sprinkle with tortilla chips.
- Bake 10 minutes longer or until heated through.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:8.05, Inflammation Score:-7, Nutrition Score:14.635652075643%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 422.79kcal (21.14%), Fat: 18.41g (28.32%), Saturated Fat: 7.24g (45.26%), Carbohydrates: 52.25g (17.42%), Net Carbohydrates: 46.88g (17.05%), Sugar: 6.05g (6.72%), Cholesterol: 32.4mg (10.8%), Sodium: 1231mg (53.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.35%), Selenium: 27.53µg (39.34%), Calcium: 306.33mg (30.63%), Phosphorus: 304.08mg (30.41%), Vitamin A: 1172.17IU (23.44%), Fiber: 5.37g (21.47%), Manganese: 0.36mg (18.16%), Vitamin E: 2.61mg (17.39%), Magnesium: 66.5mg (16.63%), Vitamin B6: 0.3mg (15.08%), Zinc: 2.22mg (14.83%), Vitamin B2: 0.23mg (13.81%), Potassium: 424.21mg (12.12%), Vitamin K: 12.06µg (11.48%), Iron: 2.06mg (11.43%), Vitamin C: 9.18mg (11.12%), Copper: 0.2mg (10.02%), Vitamin B3: 1.87mg (9.33%), Vitamin B1: 0.13mg (8.62%), Vitamin B5: 0.84mg (8.39%), Folate: 23.59µg (5.9%), Vitamin B12: 0.34µg (5.72%),

Vitamin D: 0.19µg (1.3%)