



## Taco Pie

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



608 kcal

## Ingredients

- ☐ 8.5 ounce chiles green chopped canned
- ☐ 15 ounce canned tomatoes crushed canned
- ☐ 1 pinch cayenne pepper
- ☐ 8 corn tortillas halved
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 cup regular corn frozen
- ☐ 2 cloves garlic minced
- ☐ 0.8 pound ground pork
- ☐ 4 servings kosher salt

- ☐ 1 small onion  chopped
- ☐ 1 cup mozzarella cheese  shredded (preferably reduced sodium)
- ☐ 3 tablespoons vegetable oil

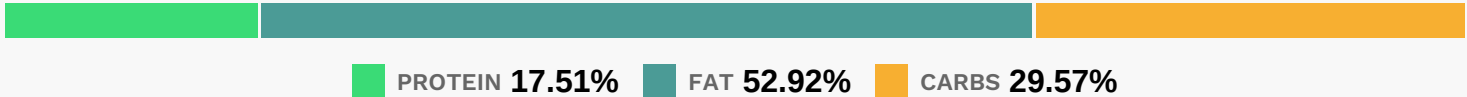
## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ tongs

## Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Heat the vegetable oil in a large skillet over medium-high heat.
- ☐ Add the tortillas and cook, flipping a few times, until golden, about 3 minutes.
- ☐ Remove with tongs and transfer to a paper towel-lined plate to drain.
- ☐ Add the onion to the skillet and cook, stirring, until soft, about 3 minutes.
- ☐ Add the garlic and cayenne and cook 30 seconds.
- ☐ Add the pork and 1/4 teaspoon salt and cook, breaking up the meat, until browned, about 4 minutes. Stir in the tomatoes, chiles and corn. Bring to a simmer and cook until slightly thickened, about 3 minutes. Season with salt.
- ☐ Remove from the heat and stir in the cilantro. Arrange half of the tortillas in the bottom of a 9-to-10-inch pie plate. Top with half of the meat mixture, then half of the cheese. Repeat with the remaining tortillas, meat and cheese. Cover loosely with foil and bake until the cheese melts, about 10 minutes.
- ☐ Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:59.13, Glycemic Load:12.91, Inflammation Score:-7, Nutrition Score:26.242173692454%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 608.08kcal (30.4%), Fat: 36.78g (56.59%), Saturated Fat: 12.29g (76.79%), Carbohydrates: 46.24g (15.41%), Net Carbohydrates: 38.37g (13.95%), Sugar: 6.2g (6.89%), Cholesterol: 83.36mg (27.78%), Sodium: 823.82mg (35.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.78%), Vitamin B1: 0.82mg (54.7%), Phosphorus: 496.17mg (49.62%), Vitamin C: 36.27mg (43.96%), Selenium: 30.32µg (43.32%), Vitamin B6: 0.8mg (39.94%), Vitamin B3: 6.92mg (34.62%), Fiber: 7.87g (31.47%), Vitamin K: 31.35µg (29.86%), Zinc: 4.06mg (27.05%), Calcium: 263.15mg (26.31%), Potassium: 905.46mg (25.87%), Vitamin B2: 0.43mg (25.44%), Manganese: 0.5mg (25.17%), Magnesium: 98.76mg (24.69%), Iron: 4.08mg (22.66%), Vitamin B12: 1.23µg (20.56%), Folate: 76.3µg (19.08%), Copper: 0.35mg (17.65%), Vitamin E: 2.42mg (16.16%), Vitamin A: 648.24IU (12.96%), Vitamin B5: 1.17mg (11.73%)