



Taco Pie

READY IN



30 min.

SERVINGS



4

CALORIES



1363 kcal

Ingredients

- 1 pound ground beef
- 8 ounces cheese shredded mexican-style
- 8 ounce regular crescent rolls refrigerated
- 16 ounce cream sour
- 1 ounce taco seasoning
- 14 ounce tortilla chips crushed

Equipment

- frying pan
- oven

cake form

Directions

Preheat oven to 350 degrees F (175 degrees C).

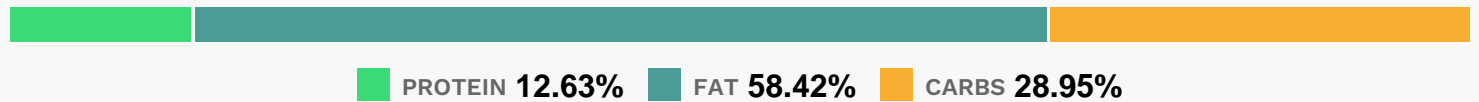
Lay crescent dough flat on the bottom of a square cake pan and bake according to package directions.

Meanwhile, brown the ground beef in a large skillet over medium high heat.

Add the taco seasoning and stir together well. When dough is done, remove from oven and place meat mixture on top, then layer with sour cream and cheese, and then top off with the crushed nacho chips.

Return to oven and bake at 350 degrees F (175 degrees C) for 10 minutes, or until cheese has melted.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.34, Inflammation Score:-8, Nutrition Score:28.094782559768%

Nutrients (% of daily need)

Calories: 1362.76kcal (68.14%), Fat: 90.08g (138.59%), Saturated Fat: 35.5g (221.89%), Carbohydrates: 100.43g (33.48%), Net Carbohydrates: 93.74g (34.09%), Sugar: 12.22g (13.58%), Cholesterol: 192.21mg (64.07%), Sodium: 1808.98mg (78.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.84g (87.67%), Phosphorus: 689.32mg (68.93%), Vitamin B12: 3.96µg (65.96%), Zinc: 8.14mg (54.26%), Calcium: 526.45mg (52.65%), Selenium: 35.21µg (50.3%), Vitamin A: 1757.6IU (35.15%), Vitamin B2: 0.59mg (34.6%), Magnesium: 125.3mg (31.33%), Vitamin B6: 0.61mg (30.57%), Vitamin E: 4.51mg (30.04%), Iron: 5.23mg (29.05%), Vitamin B3: 5.79mg (28.95%), Fiber: 6.69g (26.76%), Vitamin K: 25.78µg (24.56%), Vitamin B5: 2.21mg (22.06%), Potassium: 671.6mg (19.19%), Vitamin B1: 0.23mg (15.16%), Copper: 0.19mg (9.6%), Folate: 30.62µg (7.65%), Vitamin C: 4.21mg (5.1%), Vitamin D: 0.34µg (2.27%), Manganese: 0.04mg (2.04%)