



Tacozagna and Banana Cheesecakes

READY IN



42 min.

SERVINGS



6

CALORIES



1342 kcal

Ingredients

- ☐ 2 bananas with spotty skins very ripe
- ☐ 1 cup beef stock
- ☐ 2 carrots peeled
- ☐ 3 cups cheesecake filling prepared recommended: Philly brand
- ☐ 3 tablespoons chili powder
- ☐ 1 tablespoon coriander
- ☐ 6 8-inch flour tortillas
- ☐ 3 cloves garlic peeled
- ☐ 6 individual graham cracker crusts
- ☐ 1 teaspoon ground cinnamon

- ☐ 2 teaspoons ground cumin
- ☐ 2.5 pounds ground sirloin
- ☐ 2 tablespoons honey
- ☐ 3 cups monterey jack shredded
- ☐ 1 onion peeled
- ☐ 3 plum tomatoes seeded chopped
- ☐ 2 hearts romaine lettuce chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 4 scallions chopped
- ☐ 3 tablespoons vegetable oil divided
- ☐ 6 servings whipped cream
- ☐ 1 zucchini

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ box grater

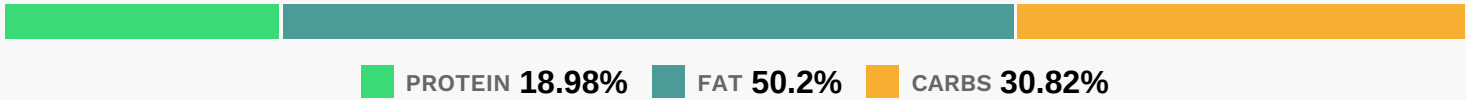
Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Heat a large high sided skillet over medium-high heat with 2 tablespoons vegetable oil.
- ☐ Add the meat and brown, 5 minutes. While meat browns, grate the zucchini and carrots with a box grater.
- ☐ Add the vegetables to the meat and grate in the onion and garlic. Season the meat with chili, cumin, coriander, salt and pepper and cook 7 to 8 minutes more to soften vegetables. Stir in beef stock. Grease a 8 by 13-inch baking pan with vegetable oil.
- ☐ Layer in 3 overlapping flour tortillas and top with 1/3 meat, 1/3 cheese. Repeat the layers twice and bake 10 to 12 minutes to brown cheese. Top with scallions, lettuce and tomatoes, cut into

squares and serve.

- ☐ While Tacosagna cooks, make dessert.
- ☐ Place cheesecake filling in bowl and mash in 2 really ripe bananas, season with cinnamon and stir in honey. Fill the crust tins and when you are ready to serve top with a swirl of whipped cream.

Nutrition Facts



Properties

Glycemic Index:93.31, Glycemic Load:25.11, Inflammation Score:-10, Nutrition Score:46.141738964164%

Flavonoids

Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg, Catechin: 2.4mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg

Nutrients (% of daily need)

Calories: 1341.71kcal (67.09%), Fat: 75.28g (115.81%), Saturated Fat: 33.57g (209.81%), Carbohydrates: 103.98g (34.66%), Net Carbohydrates: 94.75g (34.46%), Sugar: 20.63g (22.93%), Cholesterol: 217.67mg (72.56%), Sodium: 1549.24mg (67.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 64.05g (128.11%), Vitamin A: 6323.18IU (126.46%), Phosphorus: 790.13mg (79.01%), Vitamin B12: 4.59µg (76.46%), Zinc: 11.39mg (75.92%), Selenium: 51.78µg (73.98%), Iron: 12.29mg (68.28%), Vitamin B3: 13.38mg (66.9%), Calcium: 621.16mg (62.12%), Vitamin B6: 1.16mg (57.96%), Vitamin K: 57.9µg (55.14%), Vitamin B2: 0.86mg (50.86%), Potassium: 1563.45mg (44.67%), Manganese: 0.75mg (37.43%), Fiber: 9.23g (36.91%), Vitamin B1: 0.48mg (32.03%), Folate: 123.84µg (30.96%), Magnesium: 108.61mg (27.15%), Vitamin C: 19.75mg (23.93%), Vitamin E: 3.44mg (22.96%), Copper: 0.37mg (18.58%), Vitamin B5: 1.63mg (16.33%), Vitamin D: 0.55µg (3.68%)