



Tex-Mex Lasagna

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



35

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 6-inch corn tortillas ()
- 1 lb ground beef
- 32 oz taco bellâ® & chunky salsa thick
- 8 oz velveeta pasteurized cheese product shredded prepared
- 15 oz kernel corn whole drained canned

Equipment

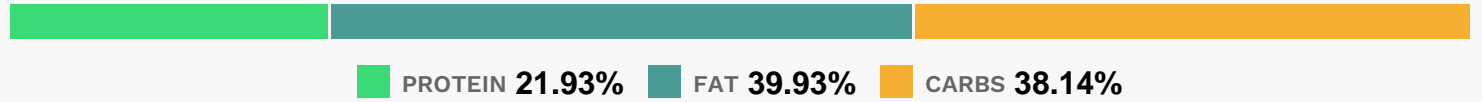
- frying pan
- oven

- baking pan
- aluminum foil

Directions

- Preheat oven to 375F. Brown meat in large skillet; drain. Stir in salsa and corn.
- Spoon 1 cup of the meat mixture into 12x8-inch baking dish. Top with half each of the tortillas, remaining meat mixture and VELVEETA; repeat layers. Cover with foil.
- Bake 20 minutes. Uncover.
- Bake an additional 5 minutes or until VELVEETA is melted and mixture is heated through.
- Garnish with BREAKSTONE'S or KNUDSEN Sour Cream just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:1.44, Glycemic Load:1.72, Inflammation Score:-2, Nutrition Score:3.5326086995394%

Nutrients (% of daily need)

Calories: 83.24kcal (4.16%), Fat: 3.76g (5.78%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 7.04g (2.56%), Sugar: 1.62g (1.8%), Cholesterol: 11.92mg (3.97%), Sodium: 305.3mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Phosphorus: 128.1mg (12.81%), Zinc: 0.91mg (6.04%), Calcium: 54.25mg (5.42%), Vitamin B6: 0.11mg (5.35%), Vitamin B3: 1.07mg (5.33%), Vitamin B12: 0.28µg (4.62%), Vitamin B2: 0.08mg (4.54%), Potassium: 154.89mg (4.43%), Fiber: 1.03g (4.11%), Selenium: 2.72µg (3.89%), Vitamin A: 188.22IU (3.76%), Magnesium: 13.85mg (3.46%), Manganese: 0.07mg (3.32%), Iron: 0.51mg (2.81%), Vitamin E: 0.39mg (2.63%), Copper: 0.04mg (2.11%), Vitamin B1: 0.02mg (1.66%), Folate: 5.91µg (1.48%), Vitamin B5: 0.13mg (1.27%), Vitamin K: 1.32µg (1.26%)