



WHATSheATE



Tex-Mex Lasagna



Gluten Free

READY IN



77 min.

SERVINGS



8

CALORIES



587 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 10 oz kernel corn whole frozen thawed
- ☐ 16 6-inch fajita-size corn tortillas ()
- ☐ 8 servings toppings: cream sour chopped
- ☐ 10 oz enchilada sauce canned
- ☐ 3 garlic cloves minced
- ☐ 1 pound ground beef lean
- ☐ 1 cup onion diced green red frozen

- ☐ 15 oz kidney beans dark red drained canned
- ☐ 24 oz mild salsa
- ☐ 1 teaspoon chipotle seasoning blend salt-free
- ☐ 16 oz mexican four-cheese blend shredded

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cook first 5 ingredients in a large nonstick skillet over medium-high heat, stirring often, 10 to 12 minutes or until vegetables are tender and beef crumbles and is no longer pink.
- ☐ Stir in salsa and next 3 ingredients. Cook 5 to 10 minutes or until thoroughly heated.
- ☐ Layer 1 cup beef mixture, 2 tortillas (overlapping edges), and 1/2 cup cheese in a lightly greased 7- x 5- x 1 1/2-inch baking dish. Repeat layers once. Repeat procedure with 3 additional 7- x 5- x 1 1/2-inch baking dishes. Cover dishes with nonstick aluminum foil.
- ☐ Bake, covered, at 350 for 30 minutes; uncover and bake 5 more minutes or until bubbly.
- ☐ Let stand 10 minutes before serving.
- ☐ Serve with desired toppings.
- ☐ Note: To use a lightly greased 13- x 9-inch baking dish, prepare recipe through Step Omit 4 corn tortillas.
- ☐ Layer one-third beef mixture, 6 tortillas (overlapping edges), and 2 cups cheese. Repeat layers with one-third beef mixture, remaining 6 tortillas, remaining beef mixture, and ending with remaining 2 cups cheese.
- ☐ Bake, covered, at 350 for 40 minutes; uncover and bake 10 more minutes or until bubbly.
- ☐ Let stand 10 minutes before serving.

Nutrition Facts



 **PROTEIN 24.4%**  **FAT 40.69%**  **CARBS 34.91%**

Properties

Glycemic Index:15.85, Glycemic Load:12.79, Inflammation Score:-9, Nutrition Score:27.042173758797%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 587.44kcal (29.37%), Fat: 27.03g (41.59%), Saturated Fat: 14.78g (92.37%), Carbohydrates: 52.19g (17.4%), Net Carbohydrates: 41.89g (15.23%), Sugar: 7.92g (8.8%), Cholesterol: 105.97mg (35.32%), Sodium: 1350.32mg (58.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.47g (72.95%), Phosphorus: 659.17mg (65.92%), Calcium: 487.21mg (48.72%), Zinc: 6.24mg (41.63%), Fiber: 10.29g (41.17%), Selenium: 23.79µg (33.98%), Vitamin B6: 0.67mg (33.62%), Vitamin B12: 1.99µg (33.19%), Manganese: 0.65mg (32.33%), Vitamin A: 1615.78IU (32.32%), Vitamin B3: 5.75mg (28.74%), Iron: 5.03mg (27.95%), Magnesium: 111.01mg (27.75%), Potassium: 894.46mg (25.56%), Folate: 99.82µg (24.96%), Vitamin B2: 0.42mg (24.47%), Vitamin C: 19mg (23.03%), Copper: 0.36mg (18.2%), Vitamin K: 16.39µg (15.61%), Vitamin B1: 0.22mg (14.98%), Vitamin E: 2.2mg (14.68%), Vitamin B5: 0.93mg (9.29%), Vitamin D: 0.58µg (3.87%)