



Tex-Mex Tortilla Torte

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



541 kcal

Ingredients

- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 15 oz pepper flakes canned
- ☐ 8 oz cheddar cheese shredded
- ☐ 0.3 cup cream sour

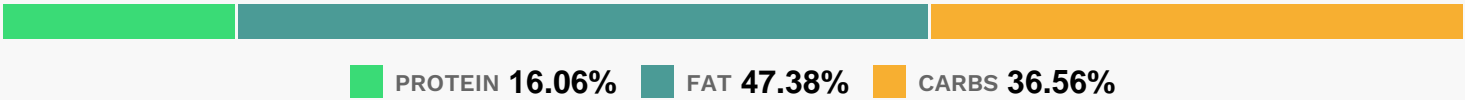
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Spray bottom of 9-inch glass pie plate with cooking spray.
- ☐ Place 1 tortilla on bottom of pie plate; spread evenly with 1/2 cup of the chili and sprinkle with 1/2 cup of the cheese. Repeat layers twice, starting each layer with tortilla. Top with remaining tortilla.
- ☐ Cover with foil; bake 20 minutes.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake uncovered about 10 minutes longer or until thoroughly heated and cheese is melted.
- ☐ Let stand 5 minutes before cutting. To serve, cut into 4 wedges. Top each serving with 1 tablespoon sour cream.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:16.04, Inflammation Score:-9, Nutrition Score:26.606086876081%

Nutrients (% of daily need)

Calories: 540.88kcal (27.04%), Fat: 28.76g (44.25%), Saturated Fat: 14.66g (91.62%), Carbohydrates: 49.93g (16.64%), Net Carbohydrates: 45.6g (16.58%), Sugar: 9.2g (10.23%), Cholesterol: 65.18mg (21.73%), Sodium: 958.63mg (41.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.88%), Vitamin C: 152.9mg (185.33%), Calcium: 544.09mg (54.41%), Selenium: 34.49µg (49.28%), Phosphorus: 476.92mg (47.69%), Vitamin B2: 0.59mg (34.44%), Vitamin A: 1669.76IU (33.4%), Vitamin B1: 0.49mg (32.53%), Vitamin B6: 0.63mg (31.45%), Manganese: 0.59mg (29.56%), Folate: 110.5µg (27.63%), Vitamin B3: 4.81mg (24.06%), Iron: 4.03mg (22.37%), Vitamin K: 22.07µg (21.02%), Zinc: 2.82mg (18.79%), Fiber: 4.32g (17.29%), Magnesium: 58.35mg (14.59%), Potassium: 501.4mg (14.33%), Copper: 0.24mg (11.98%), Vitamin B12: 0.63µg (10.52%), Vitamin E: 1.21mg (8.09%), Vitamin B5: 0.62mg (6.24%), Vitamin D: 0.34µg (2.27%)