



 **17%**  
HEALTH SCORE

## Tomato Free Mexican Lasagna

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**10**

CALORIES



**369 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 small corn tortillas
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- 1 pound ground beef lean
- 1 small onion diced
- 3 large garlic clove minced
- 1 portabello mushrooms minced
- 4 ounces pepper flakes diced green canned
- 1 cup black beans washed canned drained

- 1 cup corn canned drained
- 0.5 teaspoon oregano
- 0.5 teaspoon chili powder
- 0.3 teaspoon garlic powder
- 1.3 teaspoons cumin
- 0.5 teaspoon pepper fresh black
- 1 teaspoon kosher salt
- 0.5 cup reduced fat mexican blend cheese shredded
- 1 cup lettuce shredded
- 10 servings avocado diced

## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 350 degrees. Spray a non-stick skillet with non-stick cooking spray and heat on medium.
- Add beef, onion and mushrooms and cook until meat is cooked through.
- Drain if needed, I bought extra lean beef and there was no grease to drain today.
- Add garlic and cook another minute.
- Add beans, diced green chilies, corn, oregano, chili powder, garlic powder, cumin, pepper and kosher salt.
- Mix thoroughly.
- Spray a 9 x 13 pan with non-stick cooking spray.
- Lay half of corn tortillas on bottom of pan.
- Add half of the beef mixture and 1/2 c of cheese.
- Layer remaining corn tortillas and top with beef mixture and 3/4 c cheese.
- Bake in oven uncovered for 15 minutes.

After cooking sprinkle with diced avocado and lettuce. Slice and serve and add a dollop of sour cream on top of slice.

## Nutrition Facts

**PROTEIN 18.1%** **FAT 45.79%** **CARBS 36.11%**

### Properties

Glycemic Index:32.2, Glycemic Load:9.44, Inflammation Score:-7, Nutrition Score:20.838695652174%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

### Taste

Sweetness: 40.7%, Saltiness: 88.85%, Sourness: 15.55%, Bitterness: 23.39%, Savoriness: 51.52%, Fattiness: 100%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 368.89kcal (18.44%), Fat: 19.68g (30.28%), Saturated Fat: 4.06g (25.37%), Carbohydrates: 34.91g (11.64%), Net Carbohydrates: 23.77g (8.64%), Sugar: 2.34g (2.59%), Cholesterol: 31.59mg (10.53%), Sodium: 427.24mg (18.58%), Protein: 17.51g (35.02%), Fiber: 11.15g (44.59%), Phosphorus: 350.77mg (35.08%), Vitamin C: 28.04mg (33.99%), Vitamin B6: 0.64mg (31.91%), Vitamin B3: 5.65mg (28.27%), Folate: 110.06µg (27.51%), Zinc: 4mg (26.66%), Potassium: 895.93mg (25.6%), Vitamin K: 25.5µg (24.28%), Magnesium: 84.17mg (21.04%), Manganese: 0.42mg (20.99%), Selenium: 13.77µg (19.67%), Vitamin B5: 1.9mg (19%), Copper: 0.38mg (18.97%), Vitamin B12: 1.11µg (18.55%), Vitamin B2: 0.3mg (17.51%), Vitamin E: 2.48mg (16.56%), Iron: 2.95mg (16.37%), Calcium: 131.77mg (13.18%), Vitamin B1: 0.18mg (11.75%), Vitamin A: 359.73IU (7.19%)