

# Tortilla Beef Bake

 **Gluten Free**

READY IN



**40 min.**

SERVINGS



**6**

CALORIES



**406 kcal**

**SIDE DISH**

## Ingredients

- 10 ounces cream of chicken soup undiluted canned
- 16 ounces salsa
- 6 ounces cheddar cheese shredded
- 2.5 cups tortilla chips divided crushed

## Equipment

- frying pan
- oven
- baking pan

## Directions

- In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in soup.
- Sprinkle 1-1/2 cups tortilla chips in a greased shallow 2-1/2-qt. baking dish. Top with beef mixture, salsa and cheese.
- Bake, uncovered, at 350° for 25-30 minutes or until bubbly.
- Sprinkle with the remaining chips.
- Bake 3 minutes longer or until chips are lightly toasted.

## Nutrition Facts

 PROTEIN **11.71%**  FAT **48.36%**  CARBS **39.93%**

## Properties

Glycemic Index:11.67, Glycemic Load:1.64, Inflammation Score:-6, Nutrition Score:11.25652174846%

## Nutrients (% of daily need)

Calories: 406.28kcal (20.31%), Fat: 22.43g (34.5%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 37.71g (13.71%), Sugar: 3.6g (4%), Cholesterol: 32.13mg (10.71%), Sodium: 1170.19mg (50.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.22g (24.44%), Calcium: 279.01mg (27.9%), Phosphorus: 276.49mg (27.65%), Vitamin E: 3.08mg (20.54%), Selenium: 11.71µg (16.73%), Fiber: 3.95g (15.79%), Magnesium: 61.13mg (15.28%), Vitamin K: 15.81µg (15.05%), Vitamin A: 734.37IU (14.69%), Zinc: 1.99mg (13.27%), Vitamin B2: 0.2mg (12.03%), Vitamin B6: 0.24mg (11.92%), Potassium: 327.23mg (9.35%), Vitamin B5: 0.93mg (9.28%), Iron: 1.59mg (8.84%), Copper: 0.17mg (8.27%), Vitamin B3: 1.45mg (7.24%), Vitamin B1: 0.11mg (7.19%), Manganese: 0.12mg (6.02%), Vitamin B12: 0.3µg (5.01%), Folate: 15.67µg (3.92%), Vitamin C: 1.48mg (1.8%), Vitamin D: 0.17µg (1.13%)