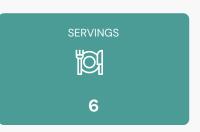


# **Tortilla Beef Bake**

**Gluten Free** 







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: Og (100%), Alcohol %: O% (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%)