



Tortilla Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



455 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound ground beef lean
- 0.3 cup onion chopped
- 1.3 cups water hot
- 1 cup salsa thick
- 0.5 cup milk
- 1 package beef pasta skillet meal
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 6 oz cheddar cheese shredded

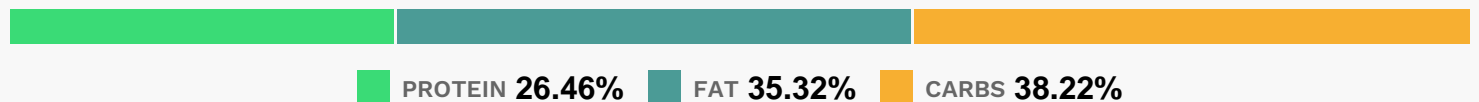
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350°F. Cook beef and onion in 10-inch skillet over medium-high heat, stirring occasionally, until brown; drain. Stir in hot water, salsa, milk, uncooked Pasta and Sauce
- Mix.
- Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 7 minutes, stirring occasionally, until pasta is tender.
- Cut tortillas in half.
- Spread 2 cups beef mixture in ungreased rectangular baking dish, 11x7x1 1/2 inches, or shallow 2-quart casserole; top with 6 tortilla halves and 3/4 cup cheese.
- Spread with 2 cups beef mixture; top with remaining tortilla halves. Top with remaining beef mixture and cheese.
- Bake uncovered 15 to 20 minutes or until hot and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:6.73, Inflammation Score:-5, Nutrition Score:18.739130460698%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 454.6kcal (22.73%), Fat: 17.66g (27.17%), Saturated Fat: 8.67g (54.16%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 39.95g (14.53%), Sugar: 6.07g (6.74%), Cholesterol: 77.66mg (25.89%), Sodium: 1473.47mg

(64.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.77g (59.54%), Selenium: 30.63µg (43.75%), Phosphorus: 395.68mg (39.57%), Vitamin B3: 7.7mg (38.48%), Zinc: 5.28mg (35.2%), Vitamin B12: 2.1µg (35.06%), Calcium: 304.06mg (30.41%), Vitamin B1: 0.45mg (29.71%), Vitamin B2: 0.48mg (28.41%), Iron: 4.03mg (22.4%), Vitamin B6: 0.44mg (21.77%), Potassium: 532.61mg (15.22%), Manganese: 0.26mg (13.01%), Folate: 49.15µg (12.29%), Fiber: 3.06g (12.24%), Magnesium: 42.94mg (10.74%), Vitamin A: 525.14IU (10.5%), Vitamin B5: 0.84mg (8.38%), Copper: 0.15mg (7.36%), Vitamin E: 0.96mg (6.43%), Vitamin K: 5.6µg (5.34%), Vitamin D: 0.47µg (3.13%), Vitamin C: 1.32mg (1.6%)