



Tortilla Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 package beef pasta skillet meal
- 6 6-inch flour tortilla
- 1 pound ground beef lean
- 0.5 cup milk
- 0.3 cup onion chopped
- 1 cup salsa thick
- 6 oz cheddar cheese shredded
- 1.3 cups water hot

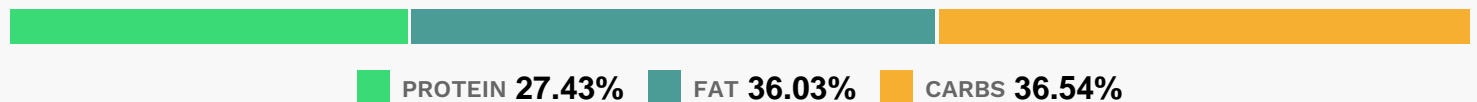
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F. 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:5.37, Inflammation Score:-5, Nutrition Score:17.784782663636%

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: 427.84kcal (21.39%), Fat: 16.96g (26.09%), Saturated Fat: 8.41g (52.56%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 35.94g (13.07%), Sugar: 5.74g (6.38%), Cholesterol: 77.66mg (25.89%), Sodium: 1409.11mg

(61.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.05g (58.1%), Selenium: 28.68µg (40.97%), Phosphorus: 377.66mg (37.77%), Vitamin B3: 7.31mg (36.54%), Vitamin B12: 2.1µg (35.06%), Zinc: 5.23mg (34.89%), Calcium: 291.29mg (29.13%), Vitamin B2: 0.46mg (26.96%), Vitamin B1: 0.4mg (26.78%), Vitamin B6: 0.43mg (21.51%), Iron: 3.71mg (20.64%), Potassium: 521.68mg (14.91%), Fiber: 2.75g (11.02%), Manganese: 0.22mg (10.85%), Vitamin A: 525.14IU (10.5%), Magnesium: 41.02mg (10.25%), Folate: 40.93µg (10.23%), Vitamin B5: 0.82mg (8.23%), Copper: 0.14mg (6.91%), Vitamin E: 0.96mg (6.43%), Vitamin K: 4.97µg (4.74%), Vitamin D: 0.47µg (3.13%), Vitamin C: 1.32mg (1.6%)