



VELVEETA® Tex-Mex Beef and Potatoes

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz regular corn frozen
- 4 cups ore-ida hash brown potatoes diced
- 1 lb ground beef lean
- 1 onion chopped
- 1 bell pepper red chopped
- 1 oz taco bellâ® taco seasoning mix
- 8 oz velveeta cut into 1/2-inch cubes
- 0.5 cup water

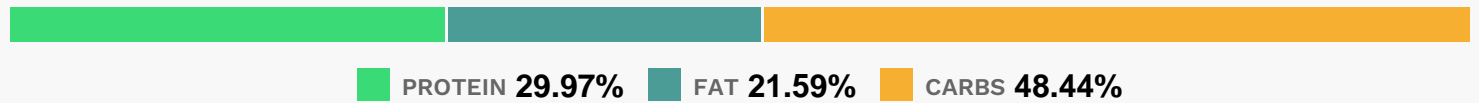
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Brown meat with peppers and onions in large skillet; drain. Return to skillet.
- Stir in seasoning mix and water.
- Add potatoes, corn and VELVEETA; mix well. Spoon into 13x9-inch baking dish; cover.
- Bake 20 min.; stir.
- Bake, uncovered, 15 min. or until heated through.

Nutrition Facts



Properties

Glycemic Index:1.64, Glycemic Load:0.84, Inflammation Score:-2, Nutrition Score:2.3917391424918%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 40.36kcal (2.02%), Fat: 0.99g (1.53%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 4.48g (1.63%), Sugar: 0.62g (0.69%), Cholesterol: 6.85mg (2.28%), Sodium: 116.32mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Phosphorus: 71.36mg (7.14%), Vitamin C: 4.78mg (5.79%), Vitamin B3: 0.82mg (4.09%), Zinc: 0.6mg (4%), Vitamin B6: 0.06mg (3.18%), Vitamin A: 156.84IU (3.14%), Potassium: 108.93mg (3.11%), Vitamin B12: 0.18µg (3.08%), Vitamin B2: 0.05mg (2.89%), Calcium: 26.82mg (2.68%), Iron: 0.44mg (2.42%), Selenium: 1.53µg (2.19%), Fiber: 0.53g (2.14%), Manganese: 0.04mg (1.81%), Vitamin B1: 0.03mg (1.71%), Magnesium: 5.62mg (1.41%), Copper: 0.03mg (1.28%), Vitamin B5: 0.13mg (1.27%), Folate: 4.46µg (1.12%)