



## Verde Nacho Casserole

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**35**

CALORIES



**70 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2.5 oz olives black drained sliced canned
- 1.5 cups four cheese shredded mexican style kraft finely
- 1 lb ground beef lean
- 0.3 cup pickled jalapeño peppers drained
- 0.3 cup classic ranch dressing kraft
- 14 oz taco bellâ® refried beans fat free 99% canned
- 0.3 cup taco bellâ® & chunky salsa thick
- 7 oz taco bellâ® verde salsa

3 oz tortilla chips

## Equipment

frying pan

oven

baking pan

## Directions

Heat oven to 350F.

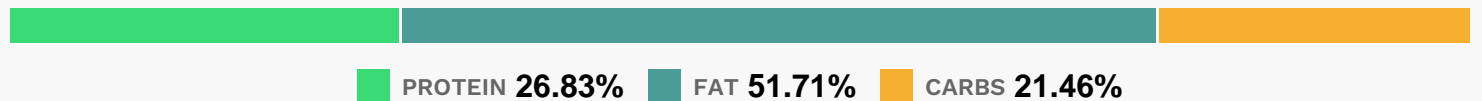
Brown meat in large skillet; drain. Return meat to skillet. Stir in Verde Salsa; cook 2 to 3 min. or until heated through, stirring occasionally.

Spread chips onto bottom of 13x9-inch baking dish sprayed with cooking spray dish; top with layers of beans, meat mixture, cheese and olives.

Bake 15 to 20 min. or until cheese is melted and casserole is heated through.

Mix dressing and Thick & Chunky Salsa until blended; drizzle over casserole. Top with peppers.

## Nutrition Facts



## Properties

Glycemic Index:2.17, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.5843477974767%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 70.3kcal (3.52%), Fat: 3.96g (6.1%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 2.98g (1.08%), Sugar: 0.86g (0.96%), Cholesterol: 13.32mg (4.44%), Sodium: 213.42mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Zinc: 0.88mg (5.86%), Phosphorus: 57.38mg (5.74%), Vitamin B12: 0.34µg (5.74%), Selenium: 3.83µg (5.47%), Calcium: 43.88mg (4.39%), Vitamin B3: 0.77mg (3.83%), Vitamin B6: 0.07mg (3.26%), Vitamin K: 3.15µg (3%), Fiber: 0.73g (2.9%), Vitamin B2: 0.05mg (2.73%), Iron: 0.48mg (2.68%), Vitamin A: 114.91IU (2.3%), Potassium: 73.1mg (2.09%), Vitamin E: 0.3mg (2%), Magnesium: 6.89mg (1.72%), Vitamin B5: 0.15mg (1.51%), Vitamin C: 1.11mg (1.34%)