

# Taco Casserole II

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1 pound ground beef  
onion (optional)  
1 package taco seasoning mix  
1/2 cup water  
1/3 cup sliced green olives  
1 - 2 cups cheddar cheese, shredded  
1 cup sour cream  
1 package of 8 crescent rolls  
1 1/2 cups Doritos, crushed

Preheat the oven to 375 degrees.

In a skillet, brown the meat with the onion (if desired). Drain.

Stir in the taco seasoning, water and olives. Simmer for 5 minutes.

Separate the rolls into an 8x11-inch ungreased pan. Form a crust with the rolls. Extend the rolls up the sides of the pan.

Sprinkle half of the chips over the rolls.

Layer the meat mixture over the chips. Layer the sour cream, cheese and remaining chips over the meat mixture.

Bake for 20 to 25 minutes or until the rolls brown.

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Per Serving (excluding unknown items): 3025 Calories; 250g Fat (75.0% calories from fat); 144g Protein; 44g Carbohydrate; 2g Dietary Fiber; 726mg Cholesterol; 4391mg Sodium. Exchanges: 1/2 Grain(Starch); 19 Lean Meat; 1/2 Non-Fat Milk; 39 Fat; 1 1/2 Other Carbohydrates.

Beef, Mexican

## Per Serving Nutritional Analysis

Calories (kcal):	3025	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	75.0%	Vitamin B12 (mcg):	14.6mcg
% Calories from Carbohydrates:	5.9%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	19.2%	Riboflavin B2 (mg):	1.9mg

**Total Fat (g):** 250g  
**Saturated Fat (g):** 128g  
**Monounsaturated Fat (g):** 88g  
**Polyunsaturated Fat (g):** 9g  
**Cholesterol (mg):** 726mg  
**Carbohydrate (g):** 44g  
**Dietary Fiber (g):** 2g  
**Protein (g):** 144g  
**Sodium (mg):** 4391mg  
**Potassium (mg):** 1589mg  
**Calcium (mg):** 1942mg  
**Iron (mg):** 10mg  
**Zinc (mg):** 24mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 8266IU  
**Vitamin A (r.e.):** 1671RE

**Folacin (mcg):** 98mcg  
**Niacin (mg):** 21mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 1/2  
**Lean Meat:** 19  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 39  
**Other Carbohydrates:** 1 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 3025                      **Calories from Fat:** 2268

### % Daily Values\*

<b>Total Fat</b>	250g	384%
Saturated Fat	128g	641%
<b>Cholesterol</b>	726mg	242%
<b>Sodium</b>	4391mg	183%
<b>Total Carbohydrates</b>	44g	15%
Dietary Fiber	2g	10%
<b>Protein</b>	144g	
<b>Vitamin A</b>		165%
<b>Vitamin C</b>		3%
<b>Calcium</b>		194%
<b>Iron</b>		53%

\* Percent Daily Values are based on a 2000 calorie diet.