



Barbeque Beef Casserole

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup barbeque sauce
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 25.5 ounce corn bread mix
- ☐ 1 bell pepper diced green seeded
- ☐ 2 pounds ground beef
- ☐ 1 large onion diced
- ☐ 10 ounce kernel corn whole drained canned

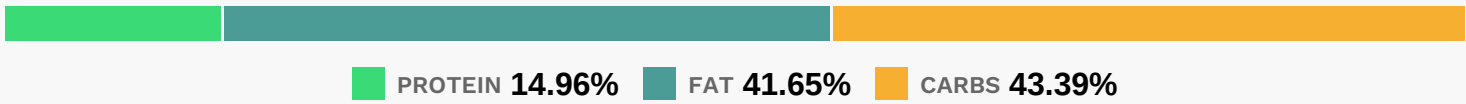
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Crumble the ground beef into a large skillet over medium-high heat. Cook until evenly browned.
- ☐ Add the onion, bell pepper, corn and tomatoes. Cook and stir until vegetables are tender.
- ☐ Drain excess grease, and stir in the barbeque sauce.
- ☐ Spread the beef mixture in an even layer in a 9x13 inch baking dish.
- ☐ Prepare the cornbread batter mixes according to package directions.
- ☐ Spread the batter over the top of the beef mixture.
- ☐ Bake for 20 to 25 minutes in the preheated oven, until the top is golden brown, and a knife inserted into the center of the cornbread layer comes out clean.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:15.894347854283%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 499.76kcal (24.99%), Fat: 23.01g (35.4%), Saturated Fat: 7.74g (48.4%), Carbohydrates: 53.93g (17.98%), Net Carbohydrates: 48.88g (17.77%), Sugar: 18.49g (20.54%), Cholesterol: 54.88mg (18.29%), Sodium: 750.1mg (32.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.59g (37.19%), Phosphorus: 442.67mg (44.27%), Vitamin B3: 5.95mg (29.72%), Vitamin B12: 1.67µg (27.87%), Zinc: 3.72mg (24.78%), Vitamin B1: 0.33mg (22.21%),

Selenium: 15.14µg (21.62%), Vitamin B6: 0.42mg (20.94%), Fiber: 5.05g (20.22%), Iron: 3.61mg (20.03%), Folate: 76.23µg (19.06%), Vitamin B2: 0.31mg (18.23%), Manganese: 0.32mg (15.82%), Vitamin C: 12.58mg (15.25%), Potassium: 463.22mg (13.23%), Magnesium: 40.55mg (10.14%), Copper: 0.19mg (9.37%), Vitamin B5: 0.81mg (8.09%), Vitamin K: 7.19µg (6.84%), Calcium: 67.86mg (6.79%), Vitamin E: 0.97mg (6.46%), Vitamin A: 206.56IU (4.13%)