



Bean and Cheese Stack

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 10-inch flour tortilla ()
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 1 bell pepper red finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 2 cups corn frozen thawed (from 12-oz bag)
- ☐ 15 oz black beans rinsed drained canned
- ☐ 15 oz beans red rinsed drained canned

- ☐ 9 oz from 1 bottle old el mild taco sauce
- ☐ 1 serving salt and pepper to taste
- ☐ 8 oz cheddar cheese shredded
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion thinly sliced (4 medium)
- ☐ 1 serving guacamole
- ☐ 1 serving cream sour

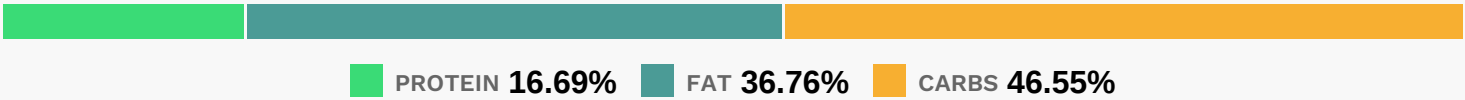
Equipment

- ☐ frying pan
- ☐ oven
- ☐ springform pan

Directions

- ☐ Heat oven to 400°F. Spray 9-inch springform pan with cooking spray. Using bottom of pan as a guide, trim tortillas to fit inside pan.
- ☐ In 12-inch skillet, heat oil over medium heat. Cook onion, bell pepper and garlic in oil 5 to 7 minutes, stirring occasionally, until tender. Stir in corn, black beans and kidney beans. Cook 2 minutes longer.
- ☐ Add taco sauce; stir until vegetables are coated. Season with salt and pepper.
- ☐ Remove from heat.
- ☐ Place 1 tortilla in bottom of springform pan; sprinkle with 1/4 cup of the cheese. Top with one-third of the bean mixture; sprinkle with another 1/4 cup cheese. Repeat layers twice. Top with fourth tortilla and remaining 1/2 cup cheese.
- ☐ Bake 20 to 25 minutes or until thoroughly heated and cheese is melted.
- ☐ Let stand 5 minutes.
- ☐ Sprinkle with cilantro and green onions. Carefully remove side of pan.
- ☐ Cut stack into wedges.
- ☐ Serve with guacamole and sour cream.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:12, Inflammation Score:-9, Nutrition Score:25.18478259833%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg, Quercetin: 6.27mg

Nutrients (% of daily need)

Calories: 542.21kcal (27.11%), Fat: 22.69g (34.91%), Saturated Fat: 9.67g (60.41%), Carbohydrates: 64.67g (21.56%), Net Carbohydrates: 51.82g (18.84%), Sugar: 5.31g (5.9%), Cholesterol: 38.98mg (12.99%), Sodium: 1083.81mg (47.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.38%), Fiber: 12.85g (51.4%), Phosphorus: 490.92mg (49.09%), Vitamin C: 35.11mg (42.56%), Manganese: 0.82mg (40.92%), Calcium: 407.6mg (40.76%), Folate: 153.02µg (38.25%), Selenium: 23.65µg (33.78%), Vitamin B1: 0.5mg (33.66%), Vitamin B2: 0.51mg (30.14%), Iron: 4.82mg (26.76%), Magnesium: 101.75mg (25.44%), Potassium: 791.82mg (22.62%), Vitamin A: 1104.62IU (22.09%), Vitamin K: 21.83µg (20.79%), Vitamin B3: 4.15mg (20.74%), Zinc: 3.06mg (20.4%), Vitamin B6: 0.35mg (17.73%), Copper: 0.35mg (17.59%), Vitamin E: 1.34mg (8.93%), Vitamin B5: 0.73mg (7.34%), Vitamin B12: 0.4µg (6.75%), Vitamin D: 0.23µg (1.51%)