



Bean Burrito Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 cheese frozen
- 10.5 ounce cream of mushroom soup canned
- 4 ounce chilis diced green drained canned
- 1 cup cheddar cheese shredded
- 0.5 cup cream sour

Equipment

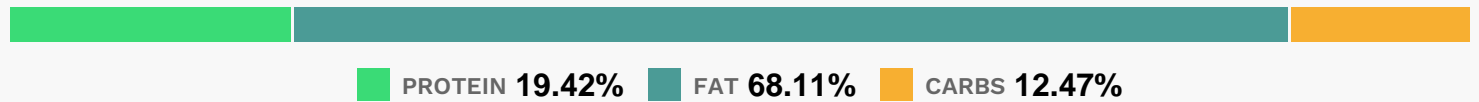
- bowl
- oven

baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the burritos in a row across the bottom of a 9x13 inch baking dish. In a medium bowl, stir together the cream of chicken soup, sour cream and chile peppers.
- Spread evenly over the top of the burritos.
- Sprinkle with shredded cheese.
- Bake for 25 to 30 minutes in the preheated oven, until cheese is slightly browned and burritos are heated through.
- Serve with tomato, avocado, olives and salsa.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:5.1891304021296%

Nutrients (% of daily need)

Calories: 153.1kcal (7.66%), Fat: 11.7g (18.01%), Saturated Fat: 6.34g (39.65%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.4g (1.6%), Sugar: 0.72g (0.8%), Cholesterol: 33.62mg (11.21%), Sodium: 562.43mg (24.45%), Alcohol: 0g (100%), Protein: 7.51g (15.01%), Calcium: 168.37mg (16.84%), Phosphorus: 121.87mg (12.19%), Vitamin B2: 0.16mg (9.12%), Selenium: 6.38µg (9.11%), Zinc: 1.35mg (9.03%), Vitamin C: 6.64mg (8.04%), Manganese: 0.15mg (7.65%), Vitamin A: 341.95IU (6.84%), Vitamin B12: 0.33µg (5.5%), Copper: 0.11mg (5.46%), Folate: 18.99µg (4.75%), Iron: 0.64mg (3.58%), Potassium: 123.1mg (3.52%), Vitamin B6: 0.06mg (3.2%), Vitamin B3: 0.59mg (2.97%), Magnesium: 11.5mg (2.88%), Vitamin B5: 0.26mg (2.56%), Fiber: 0.42g (1.68%), Vitamin E: 0.22mg (1.48%), Vitamin B1: 0.02mg (1.43%)