



Beef Chili Bake

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 oz beans red canned
- 14.5 oz canned tomatoes diced canned
- 0.1 teaspoon ground pepper
- 2 tablespoons chili powder
- 8.5 oz corn muffin mix
- 1 teaspoon cumin
- 1 tablespoon flour all-purpose
- 3 cloves garlic minced

- 8 ounces ground beef
- 1 medium onion chopped
- 1 teaspoon salt
- 2 spring onion light white green thinly sliced
- 2 teaspoons vegetable oil

Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400F. Warm oil in a skillet over medium-high heat. Saut garlic for 1 minute.
- Add beef; cook, stirring and breaking it up, until no longer pink, about 4 minutes.
- Add onion; saut until softened, about 5 minutes.
- Stir chili powder, cumin, cayenne, if desired, and salt into beef mixture; saut for 1 minute.
- Add flour; cook, stirring, for 1 minute. Stir in tomatoes with liquid and 1/4 cup water; stir in beans with liquid. Cook, stirring, until thickened, about 2 minutes.
- Transfer mixture to an 8-inch baking dish.
- Prepare muffin mix as box label directs. Fold in scallions.
- Spread muffin batter over beef mixture.
- Bake until top is golden, 20 to 25 minutes.

Nutrition Facts



PROTEIN 15.56% **FAT 34.45%** **CARBS 49.99%**

Properties

Glycemic Index:72.75, Glycemic Load:9.47, Inflammation Score:-9, Nutrition Score:27.219565261965%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 574.04kcal (28.7%), Fat: 22.38g (34.44%), Saturated Fat: 6.8g (42.52%), Carbohydrates: 73.08g (24.36%), Net Carbohydrates: 59.21g (21.53%), Sugar: 20.45g (22.72%), Cholesterol: 41.46mg (13.82%), Sodium: 1597.36mg (69.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.76g (45.51%), Phosphorus: 563.84mg (56.38%), Fiber: 13.87g (55.49%), Manganese: 0.89mg (44.3%), Iron: 6.62mg (36.78%), Vitamin B1: 0.52mg (34.91%), Vitamin B3: 6.89mg (34.45%), Vitamin K: 35µg (33.33%), Vitamin B6: 0.66mg (32.76%), Vitamin A: 1569.16IU (31.38%), Folate: 115.72µg (28.93%), Potassium: 963.95mg (27.54%), Zinc: 3.98mg (26.54%), Vitamin B2: 0.44mg (25.8%), Copper: 0.51mg (25.27%), Vitamin E: 3.42mg (22.81%), Magnesium: 90.43mg (22.61%), Selenium: 15.68µg (22.4%), Vitamin B12: 1.27µg (21.13%), Vitamin C: 14.37mg (17.42%), Calcium: 144.65mg (14.46%), Vitamin B5: 1.1mg (10.98%)