

# Beefy Cornbread Casserole

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



718 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 cup barbecue sauce
- 10.3 ounce gravy canned
- 15 ounce beans red rinsed drained canned
- 8.5 ounce corn muffin mix
- 1 pound ground beef

## Equipment

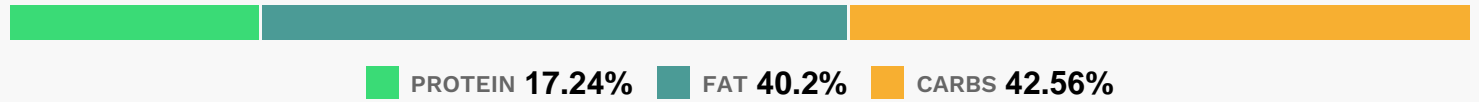
- frying pan
- oven

baking pan

## Directions

- Preheat oven to 375 degrees F. Cook beef in skillet until browned.
- Add beans, gravy and barbecue sauce.
- Pour into 2-quart shallow baking dish.
- Prepare corn muffin mix according to package directions. Drop by spoonfuls on top of beef mixture.
- Bake 25 to 30 minutes or until top is golden brown and mixture is bubbling.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:5.27, Inflammation Score:-5, Nutrition Score:21.899565090304%

## Nutrients (% of daily need)

Calories: 717.96kcal (35.9%), Fat: 31.86g (49.02%), Saturated Fat: 11.27g (70.45%), Carbohydrates: 75.91g (25.3%), Net Carbohydrates: 66.04g (24.01%), Sugar: 27.32g (30.35%), Cholesterol: 87.53mg (29.18%), Sodium: 1541.26mg (67.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.76g (61.52%), Phosphorus: 593.6mg (59.36%), Vitamin B12: 2.48µg (41.35%), Fiber: 9.87g (39.49%), Zinc: 5.8mg (38.69%), Vitamin B3: 7.55mg (37.73%), Selenium: 22.02µg (31.45%), Iron: 5.26mg (29.24%), Vitamin B1: 0.43mg (28.46%), Manganese: 0.56mg (27.78%), Vitamin B6: 0.56mg (27.76%), Vitamin B2: 0.42mg (24.88%), Folate: 92.32µg (23.08%), Potassium: 733.6mg (20.96%), Magnesium: 70.28mg (17.57%), Copper: 0.3mg (15.12%), Vitamin B5: 1.06mg (10.55%), Calcium: 97.38mg (9.74%), Vitamin K: 10.06µg (9.58%), Vitamin E: 0.87mg (5.79%), Vitamin A: 149.36IU (2.99%), Vitamin C: 1.13mg (1.36%)