



California Taco Chili Bake

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



179 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounces chili with beans canned
- ☐ 0.5 cup milk
- ☐ 3 ounces cheddar cheese shredded
- ☐ 1 serving paprika
- ☐ 1 cup lettuce shredded
- ☐ 1.5 cups tomatoes chopped
- ☐ 1 serving cheddar cheese shredded
- ☐ 1.5 cups frangelico

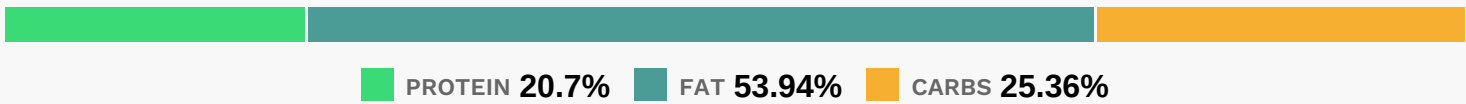
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 400°F.
- ☐ Heat chili, stirring occasionally, until hot.
- ☐ Beat Bisquick mix and milk with wire whisk until soft dough forms.
- ☐ Spread half of the dough in ungreased square baking dish, 9x9x2 or 8x8x2 inches. Top with chili.
- ☐ Sprinkle with 3/4 cup cheese. Drop remaining dough by 6 spoonfuls onto top.
- ☐ Sprinkle with paprika.
- ☐ Bake about 25 minutes or until topping is light brown. Top with lettuce, tomatoes and additional cheese.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:10.039999992951%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 179.14kcal (8.96%), Fat: 11.2g (17.22%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 11.84g (3.95%), Net Carbohydrates: 8.02g (2.92%), Sugar: 3.14g (3.48%), Cholesterol: 33.66mg (11.22%), Sodium: 506.38mg (22.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.33%), Phosphorus: 229.89mg (22.99%), Calcium:

200.53mg (20.05%), Vitamin A: 998.63IU (19.97%), Zinc: 2.3mg (15.34%), Fiber: 3.83g (15.3%), Iron: 2.68mg (14.9%), Vitamin B5: 1.21mg (12.14%), Potassium: 416.76mg (11.91%), Vitamin B2: 0.2mg (11.84%), Magnesium: 45.04mg (11.26%), Selenium: 6.77µg (9.67%), Vitamin C: 6.65mg (8.06%), Vitamin B6: 0.16mg (8.06%), Manganese: 0.16mg (8.02%), Vitamin K: 7.97µg (7.59%), Folate: 29.56µg (7.39%), Copper: 0.12mg (5.84%), Vitamin E: 0.84mg (5.62%), Vitamin B12: 0.31µg (5.22%), Vitamin B1: 0.07mg (4.72%), Vitamin B3: 0.55mg (2.77%), Vitamin D: 0.34µg (2.26%)