



California Taco Chili Bake

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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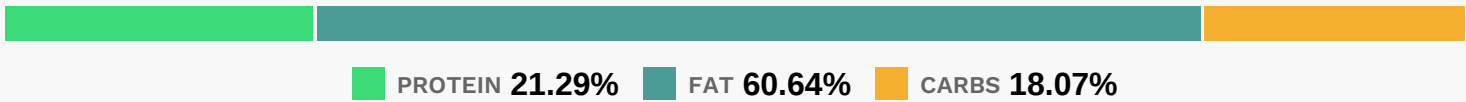
Equipment

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 400F.
- ☐ 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:1.16, Inflammation Score:-8, Nutrition Score:14.655217440232%

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: 285.84kcal (14.29%), Fat: 19.91g (30.63%), Saturated Fat: 10.58g (66.14%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 8.95g (3.25%), Sugar: 3.39g (3.77%), Cholesterol: 58.66mg (19.55%), Sodium: 671.01mg

(29.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.45%), Vitamin A: 2070.03IU (41.4%), Calcium: 381.1mg (38.11%), Phosphorus: 349.62mg (34.96%), Zinc: 3.29mg (21.93%), Selenium: 13.95µg (19.92%), Vitamin B2: 0.33mg (19.53%), Fiber: 4.41g (17.63%), Iron: 3.07mg (17.08%), Magnesium: 54.76mg (13.69%), Vitamin B5: 1.36mg (13.59%), Potassium: 474.01mg (13.54%), Vitamin B6: 0.21mg (10.7%), Vitamin E: 1.51mg (10.1%), Vitamin B12: 0.58µg (9.63%), Manganese: 0.19mg (9.47%), Vitamin K: 9.91µg (9.44%), Folate: 35.63µg (8.91%), Vitamin C: 6.66mg (8.08%), Copper: 0.14mg (6.85%), Vitamin B1: 0.08mg (5.57%), Vitamin B3: 0.74mg (3.68%), Vitamin D: 0.49µg (3.26%)