



Cheesy Bean Casserole



Vegetarian



Gluten Free



Very Healthy

READY IN



16 min.

SERVINGS



4

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon garlic powder
- ☐ 30 ounce chile-hot kidney beans drained canned
- ☐ 29 ounce no-salt-added tomatoes whole drained chopped canned
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat

Equipment

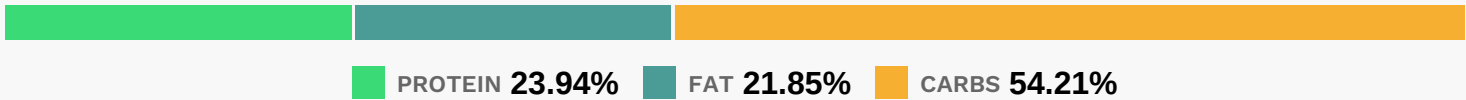
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Coat a nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion; saut until tender. Stir in beans and next 3 ingredients. Cook 3 minutes or until thoroughly heated, stirring well.
- ☐ Spoon mixture into 4 individual baking dishes or 1 (8-inch) square baking dish; sprinkle with cheese.
- ☐ Bake, uncovered, at 400 for 5 minutes or until cheese melts.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:30.57, Glycemic Load:11.28, Inflammation Score:-9, Nutrition Score:29.19304362069%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 22.62mg, Quercetin: 22.62mg, Quercetin: 22.62mg, Quercetin: 22.62mg

Nutrients (% of daily need)

Calories: 438.19kcal (21.91%), Fat: 11.02g (16.95%), Saturated Fat: 5.65g (35.33%), Carbohydrates: 61.48g (20.49%), Net Carbohydrates: 42.94g (15.62%), Sugar: 7.37g (8.19%), Cholesterol: 28.35mg (9.45%), Sodium: 212.06mg (9.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.16g (54.32%), Folate: 306.6µg (76.65%), Fiber: 18.53g (74.14%), Manganese: 1.25mg (62.33%), Phosphorus: 484.16mg (48.42%), Iron: 8.41mg (46.71%), Potassium: 1329.63mg (37.99%), Copper: 0.69mg (34.25%), Calcium: 333.73mg (33.37%), Magnesium: 130.45mg (32.61%), Vitamin B1: 0.46mg (30.74%), Vitamin C: 24.63mg (29.86%), Vitamin B6: 0.56mg (27.87%), Zinc: 3.68mg (24.56%), Vitamin K: 24.87µg (23.68%), Vitamin B2: 0.37mg (21.94%), Selenium: 11.08µg (15.82%), Vitamin B3: 2.76mg (13.79%), Vitamin E: 1.69mg (11.24%), Vitamin A: 526.02IU (10.52%), Vitamin B5: 0.88mg (8.81%), Vitamin B12: 0.3µg (5.01%), Vitamin D: 0.17µg (1.13%)