

Cheesy Cornbread Casserole

READY IN



55 min.

SERVINGS



10

CALORIES



318 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce black beans drained canned
- 8 ounce cheese shredded with a touch of philadelphia mexican style kraft
- 8.5 ounce corn muffin mix
- 15 ounce enchilada sauce canned
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 jalapeno seeded finely chopped
- 1 pound ground beef lean
- 1 onion chopped

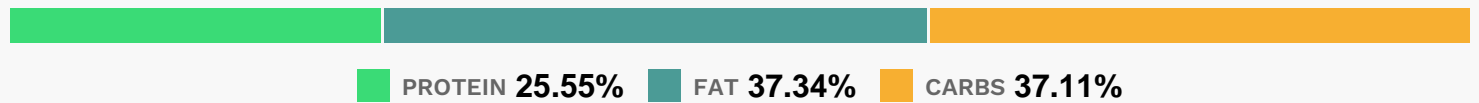
Equipment

- oven
- baking pan
- toothpicks

Directions

- Heat oven to 350 degrees F.
- Brown meat with onions and peppers in large skillet. Stir in next 4 ingredients; cook and stir 3 min. or until heated through. Spoon into 13x9-inch baking dish.
- Prepare muffin batter as directed on package; stir in cheese.
- Spread over meat mixture.
- Bake 20 min. or until toothpick inserted in center of cornbread topping comes out clean. Cool slightly.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:13.305217421573%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 317.66kcal (15.88%), Fat: 13.11g (20.16%), Saturated Fat: 6.16g (38.51%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 23.81g (8.66%), Sugar: 8.35g (9.28%), Cholesterol: 51.28mg (17.09%), Sodium: 908.11mg (39.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.18g (40.35%), Phosphorus: 363.24mg (36.32%), Zinc: 3.55mg (23.65%), Selenium: 16.36µg (23.37%), Fiber: 5.5g (21.99%), Vitamin B12: 1.28µg (21.3%), Calcium: 197.84mg (19.78%), Vitamin B3: 3.62mg (18.08%), Vitamin B2: 0.29mg (17.33%), Iron: 2.96mg (16.43%), Folate: 58.01µg (14.5%), Vitamin B6: 0.27mg (13.63%), Vitamin B1: 0.2mg (13.05%), Vitamin A: 558.15IU (11.16%), Manganese: 0.21mg (10.35%), Potassium: 359.3mg (10.27%), Magnesium: 39.04mg (9.76%), Copper: 0.15mg (7.64%), Vitamin B5: 0.6mg (5.99%),

Vitamin C: 4.52mg (5.47%), Vitamin E: 0.4mg (2.64%), Vitamin K: 2.2µg (2.1%), Vitamin D: 0.18µg (1.21%)