



Chili-Bean Bake (Cooking for 2)

READY IN



40 min.

SERVINGS



3

CALORIES



328 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes canned
- 2 teaspoons chili powder
- 0.3 cup skim milk fat-free (skim)
- 2 tablespoons spring onion sliced (2 medium)
- 2 tablespoons catsup
- 1 teaspoon butter softened
- 1 cup kidney beans red rinsed drained (from 19-oz can)
- 0.3 cup salsa thick
- 0.3 cup water

- 3 tablespoons cornmeal yellow
- 0.8 cup baking mix bisquick heart smart®

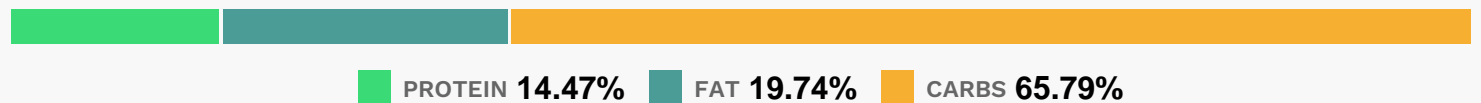
Equipment

- bowl
- oven
- microwave

Directions

- Heat oven to 425F. In 1 1/2-quart casserole, stir together beans, tomatoes, water, salsa, ketchup and chili powder. Microwave on High 4 minutes; stir.
- In small bowl, stir remaining ingredients until blended. Drop by 6 spoonfuls onto bean mixture.
- Bake uncovered 20 to 23 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:67.68, Glycemic Load:10.5, Inflammation Score:-8, Nutrition Score:20.582608865655%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 328.24kcal (16.41%), Fat: 7.5g (11.54%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 56.22g (18.74%), Net Carbohydrates: 46.7g (16.98%), Sugar: 14.39g (15.99%), Cholesterol: 1.42mg (0.47%), Sodium: 848.78mg (36.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.73%), Manganese: 0.76mg (38.13%), Fiber: 9.53g (38.11%), Phosphorus: 370.15mg (37.02%), Folate: 140.67µg (35.17%), Vitamin B1: 0.43mg (28.62%), Iron: 5.06mg (28.12%), Copper: 0.51mg (25.4%), Potassium: 887.55mg (25.36%), Vitamin K: 25.09µg (23.89%), Vitamin B6: 0.46mg (22.92%), Vitamin B3: 4.22mg (21.09%), Magnesium: 83.07mg (20.77%), Vitamin A: 1001.46IU (20.03%), Vitamin B2: 0.32mg (18.91%), Vitamin E: 2.8mg (18.66%), Vitamin C: 14.99mg (18.17%), Calcium: 169.48mg (16.95%), Zinc: 1.75mg (11.66%), Vitamin B5: 1mg (9.97%), Selenium: 5.49µg (7.84%), Vitamin B12: 0.28µg (4.61%), Vitamin D: 0.3µg (2%)