



Chili Beef Casserole

 **Gluten Free**

READY IN



60 min.

SERVINGS



4

CALORIES



435 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15.3 ounce kidney beans drained canned
- 14.5 ounce canned tomatoes canned drained chopped
- 0.5 teaspoon chili powder
- 4 6-inch corn tortillas quartered ()
- 1 bell pepper green chopped
- 0.8 pound ground beef lean
- 0.3 cup cheddar cheese shredded reduced-fat
- 2 teaspoons olive oil

- 2 onions chopped
- 0.3 cup peas green frozen
- 0.5 teaspoon pepper flakes red
- 0.3 cup tomato paste
- 11 ounce kernel corn whole drained canned

Equipment

- frying pan
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.
- In a skillet over medium heat, cook the ground beef until evenly brown.
- Drain, and set aside.
- Heat the olive oil in a separate skillet over medium heat, and cook the onions until tender.
- Mix in the green pepper and peas, and season with chili powder and red pepper flakes. Stir the cooked beef, tomatoes, and tomato paste into the mixture. Reduce heat to low, and simmer 5 minutes.
- Mix in the kidney beans and corn.
- Spoon 1/2 the skillet mixture into the prepared casserole dish, and top with 1/2 the tortilla quarters.
- Layer with remaining skillet mixture.
- Cover and bake 25 minutes in the preheated oven.
- Remove cover, and top with remaining tortillas and cheese. Continue baking 10 minutes, or until cheese is melted and golden brown.

Nutrition Facts



PROTEIN **29.68%** FAT **19.62%** CARBS **50.7%**

Properties

Glycemic Index:66.71, Glycemic Load:15.15, Inflammation Score:-8, Nutrition Score:29.16260880491%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg

Nutrients (% of daily need)

Calories: 435.42kcal (21.77%), Fat: 9.73g (14.98%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 56.61g (18.87%), Net Carbohydrates: 44.49g (16.18%), Sugar: 12.39g (13.77%), Cholesterol: 54.71mg (18.24%), Sodium: 806.03mg (35.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.27%), Vitamin C: 46.85mg (56.79%), Phosphorus: 521.81mg (52.18%), Fiber: 12.12g (48.49%), Zinc: 6.38mg (42.51%), Manganese: 0.84mg (42.12%), Vitamin B3: 8.42mg (42.11%), Vitamin B6: 0.83mg (41.45%), Potassium: 1351.69mg (38.62%), Iron: 6.18mg (34.32%), Vitamin B12: 1.95µg (32.52%), Copper: 0.6mg (30.02%), Selenium: 20.96µg (29.95%), Magnesium: 119.58mg (29.89%), Folate: 92.08µg (23.02%), Vitamin B1: 0.34mg (22.75%), Vitamin B2: 0.38mg (22.18%), Vitamin E: 2.94mg (19.59%), Vitamin K: 18.46µg (17.58%), Vitamin A: 819.43IU (16.39%), Calcium: 161.09mg (16.11%), Vitamin B5: 1.15mg (11.52%)