



WHATSheATE



Chili Casserole with Cornbread

READY IN



40 min.

SERVINGS



6

CALORIES



507 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 16 oz salsa thick
- ☐ 2 cups kidney beans dark red drained (from 19-oz can)
- ☐ 14.5 oz canned tomatoes diced peeled undrained canned
- ☐ 1.5 cups corn frozen
- ☐ 3 teaspoons chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 6.5 oz just-add-water cornbread mix
- ☐ 0.3 cup milk

- ☐ 0.3 cup cheddar cheese shredded
- ☐ 1 tablespoon spring onion sliced (1 medium)

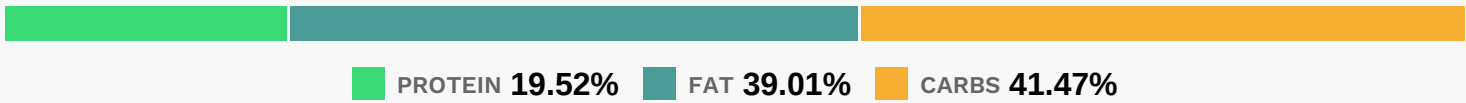
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400°F. In 12-inch skillet, cook ground beef over medium-high heat, stirring occasionally, until thoroughly cooked; drain. Stir in salsa, kidney beans, tomatoes, corn, chili powder and cumin. Cook 3 to 4 minutes, stirring occasionally, until thoroughly heated.
- ☐ Meanwhile, make cornbread as directed on pouch, using milk. Spoon cornbread batter around outside edge of ungreased 12x8-inch (2-quart) glass baking dish. Spoon hot beef mixture into center. (Casserole will be full.)
- ☐ Bake 18 minutes.
- ☐ Sprinkle with cheese; bake 4 to 5 minutes longer or until cheese is melted and cornbread is deep golden brown.
- ☐ Sprinkle with green onion just before serving.

Nutrition Facts



Properties

Glycemic Index:22.21, Glycemic Load:3.15, Inflammation Score:-8, Nutrition Score:23.603913099869%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 507.46kcal (25.37%), Fat: 22.5g (34.62%), Saturated Fat: 8.36g (52.24%), Carbohydrates: 53.83g (17.94%), Net Carbohydrates: 43.86g (15.95%), Sugar: 11.72g (13.02%), Cholesterol: 62.19mg (20.73%), Sodium: 962.04mg (41.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.68%), Phosphorus: 473.98mg (47.4%), Fiber: 9.97g (39.89%), Folate: 137.83µg (34.46%), Vitamin B3: 6.74mg (33.72%), Vitamin B6: 0.67mg (33.64%), Zinc: 4.85mg (32.34%), Iron: 5.65mg (31.39%), Manganese: 0.62mg (31%), Vitamin B12: 1.79µg (29.75%), Potassium: 975.1mg (27.86%), Vitamin B1: 0.37mg (24.83%), Selenium: 17.11µg (24.44%), Vitamin B2: 0.39mg (22.68%), Magnesium: 85.08mg (21.27%), Vitamin A: 875.57IU (17.51%), Copper: 0.35mg (17.42%), Calcium: 159.87mg (15.99%), Vitamin K: 16.35µg (15.57%), Vitamin E: 2.22mg (14.78%), Vitamin C: 11.74mg (14.23%), Vitamin B5: 1.1mg (10.97%), Vitamin D: 0.26µg (1.75%)