



Cinco de Mayo Casserole

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 7 ounce regular corn mexican-style drained canned
- ☐ 10 ounce canned tomatoes diced with green chile peppers such as ro*tel®, drained canned
- ☐ 2 cloves garlic chopped
- ☐ 1 pound ground beef
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 onion diced
- ☐ 1 cup salsa drained
- ☐ 0.5 teaspoon salt

- ☐ 3 cups cheddar cheese shredded divided
- ☐ 1 cup cup heavy whipping cream sour

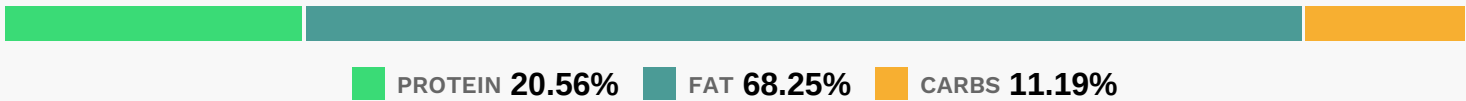
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat a large skillet over medium-high heat. Cook and stir beef in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- ☐ Transfer ground beef to a 9x13-inch casserole dish.
- ☐ Heat oil in a skillet over medium heat; cook and stir onion and garlic in the hot oil until onion is translucent, about 10 minutes. Spoon onion mixture over ground beef.
- ☐ Mix tomatoes with green chile peppers, salsa, corn, sour cream, 1 cup Cheddar cheese, salt, and black pepper into ground beef mixture; top with remaining 2 cups Cheddar cheese.
- ☐ Bake in the preheated oven until cooked through and cheese is melted, about 45 minutes.
- ☐ Let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:17.670000211052%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 557.27kcal (27.86%), Fat: 42.35g (65.15%), Saturated Fat: 20.61g (128.82%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 12.94g (4.7%), Sugar: 5.51g (6.12%), Cholesterol: 132.79mg (44.26%), Sodium: 1122.27mg (48.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.7g (57.4%), Calcium: 471.09mg (47.11%), Phosphorus: 441.75mg (44.18%), Selenium: 29.38µg (41.97%), Vitamin B12: 2.3µg (38.29%), Zinc: 5.58mg (37.22%), Vitamin B2: 0.45mg (26.5%), Vitamin B6: 0.41mg (20.49%), Vitamin A: 1013.86IU (20.28%), Vitamin B3: 4.03mg (20.17%), Potassium: 477.63mg (13.65%), Magnesium: 44.31mg (11.08%), Vitamin C: 9.07mg (10.99%), Fiber: 2.69g (10.77%), Iron: 1.9mg (10.58%), Vitamin E: 1.41mg (9.42%), Vitamin B5: 0.86mg (8.59%), Folate: 34.31µg (8.58%), Manganese: 0.14mg (6.82%), Copper: 0.12mg (6.07%), Vitamin B1: 0.09mg (5.81%), Vitamin K: 5.34µg (5.08%), Vitamin D: 0.41µg (2.76%)