



Corn Bread Beef Bake

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



507 kcal

Ingredients

- 1 pound ground beef
- 14.5 ounces canned tomatoes mexican-style undrained canned
- 15 ounces black beans rinsed drained canned
- 8 ounces tomato sauce canned
- 0.5 cup corn whole frozen
- 2 teaspoons chili powder
- 11.5 ounces pretzel twists refrigerated canned

Equipment

- frying pan

oven

Directions

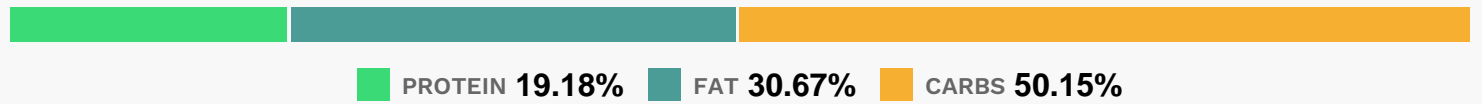
Heat oven to 350°.

Cook beef in 10-inch ovenproof skillet over medium heat 8 to 10 minutes, stirring occasionally, until brown; drain.

Stir in tomatoes, beans, tomato sauce, corn and chili powder; heat to boiling. Immediately top with corn bread twists left in round shape (do not unwind), pressing down gently.

Bake uncovered 35 to 40 minutes or until corn bread is golden brown.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:36.78, Inflammation Score:-7, Nutrition Score:22.45956507973%

Nutrients (% of daily need)

Calories: 507.29kcal (25.36%), Fat: 17.5g (26.92%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 64.38g (21.46%), Net Carbohydrates: 55.55g (20.2%), Sugar: 5.61g (6.23%), Cholesterol: 53.68mg (17.89%), Sodium: 1297.49mg (56.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.25%), Manganese: 0.86mg (43.19%), Folate: 162.99µg (40.75%), Vitamin B3: 7.89mg (39.43%), Iron: 6.7mg (37.21%), Fiber: 8.84g (35.35%), Phosphorus: 304.8mg (30.48%), Zinc: 4.44mg (29.6%), Vitamin B1: 0.43mg (28.41%), Vitamin B12: 1.62µg (26.96%), Vitamin B2: 0.45mg (26.22%), Potassium: 884.08mg (25.26%), Vitamin B6: 0.48mg (23.86%), Copper: 0.45mg (22.32%), Selenium: 15.43µg (22.04%), Magnesium: 75.16mg (18.79%), Vitamin C: 12.22mg (14.81%), Vitamin E: 2.22mg (14.8%), Vitamin A: 511.47IU (10.23%), Vitamin B5: 1.01mg (10.07%), Calcium: 84.12mg (8.41%), Vitamin K: 8.28µg (7.88%)