



Corn Bread Beef Bake

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



478 kcal

Ingredients

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

Equipment

- frying pan

oven

Directions

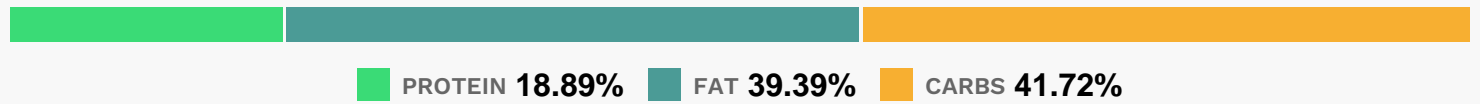
Heat oven to 35

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:13.83, Glycemic Load:2.05, Inflammation Score:-7, Nutrition Score:20.381739160289%

Nutrients (% of daily need)

Calories: 477.95kcal (23.9%), Fat: 21.11g (32.48%), Saturated Fat: 7.97g (49.8%), Carbohydrates: 50.31g (16.77%), Net Carbohydrates: 42.07g (15.3%), Sugar: 13.1g (14.56%), Cholesterol: 84.65mg (28.22%), Sodium: 949.2mg (41.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.55%), Phosphorus: 447.7mg (44.77%), Fiber: 8.24g (32.96%), Vitamin B3: 6.11mg (30.54%), Vitamin B12: 1.74µg (29.05%), Iron: 5.21mg (28.97%), Zinc: 4.24mg (28.26%), Selenium: 17.76µg (25.37%), Vitamin B6: 0.48mg (24.16%), Manganese: 0.48mg (23.87%), Potassium: 835.18mg (23.86%), Folate: 94.53µg (23.63%), Vitamin B2: 0.36mg (21.2%), Copper: 0.4mg (20.06%), Vitamin B1: 0.3mg (19.93%), Magnesium: 68.64mg (17.16%), Vitamin E: 2.24mg (14.95%), Calcium: 142.8mg (14.28%), Vitamin C: 11.13mg (13.5%), Vitamin A: 601.67IU (12.03%), Vitamin B5: 1.14mg (11.38%), Vitamin K: 8.77µg (8.35%)