



## Corn Bread-Topped Black Bean Chili Casserole

READY IN



45 min.

SERVINGS



4

CALORIES



728 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 0.5 cup onion chopped
- 15 oz black beans with cumin and chili seasonings, undrained canned
- 1.5 cups savory vegetable mixed frozen
- 1.5 cups salsa thick
- 6.5 oz just-add-water cornbread mix
- 2 tablespoons milk
- 2 tablespoons butter melted

1 eggs

## Equipment

frying pan

oven

glass baking pan

## Directions

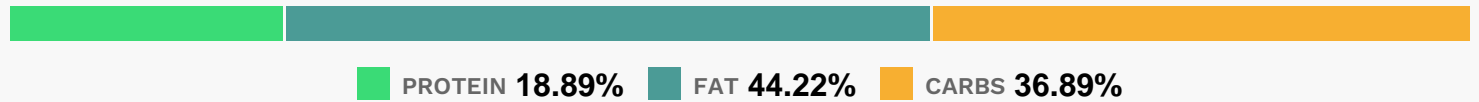
Heat oven to 375°F. In 12-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is brown; drain. Stir in black beans, mixed vegetables and salsa.

Heat to boiling; cook over medium heat 5 minutes, stirring occasionally.

In ungreased 2-quart casserole or 8-inch square (2-quart) glass baking dish, spread beef mixture. Make muffin mix as directed on pouch, using 2 tablespoons milk, 2 tablespoons butter and the egg. Drop batter by 8 spoonfuls onto chili mixture.

Bake uncovered 20 to 25 minutes or until topping is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:27.5, Glycemic Load:3.45, Inflammation Score:-10, Nutrition Score:32.454347714134%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 727.85kcal (36.39%), Fat: 36.09g (55.52%), Saturated Fat: 11.95g (74.71%), Carbohydrates: 67.74g (22.58%), Net Carbohydrates: 52.59g (19.12%), Sugar: 14.33g (15.93%), Cholesterol: 123.25mg (41.08%), Sodium: 1617.54mg (70.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.7g (69.39%), Vitamin A: 4313.31IU (86.27%), Phosphorus: 627.49mg (62.75%), Fiber: 15.15g (60.62%), Vitamin B3: 8.98mg (44.9%), Vitamin B12: 2.61µg (43.56%), Zinc: 6.29mg (41.9%), Vitamin B6: 0.77mg (38.44%), Folate: 148.36µg (37.09%), Iron: 6.66mg (37.02%),

Selenium: 25.74µg (36.77%), Manganese: 0.71mg (35.5%), Vitamin B1: 0.53mg (35.35%), Vitamin B2: 0.58mg (34.03%), Potassium: 1140.48mg (32.59%), Magnesium: 102.98mg (25.74%), Copper: 0.46mg (22.75%), Vitamin C: 13.36mg (16.2%), Vitamin B5: 1.52mg (15.21%), Calcium: 150.33mg (15.03%), Vitamin E: 2.07mg (13.79%), Vitamin K: 8.58µg (8.17%), Vitamin D: 0.42µg (2.77%)