



## Cornbread Casserole with Cheese

READY IN



55 min.

SERVINGS



55

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 15.5 oz black beans rinsed canned
- 8 oz four cheese shredded with a touch of philadelphia mexican style kraft
- 8.5 oz corn muffin mix
- 15 oz enchilada sauce canned
- 1 tsp garlic powder
- 1 tsp ground cumin
- 1 lb ground beef lean
- 1 onion chopped
- 1 jalapeño pepper seeded finely chopped

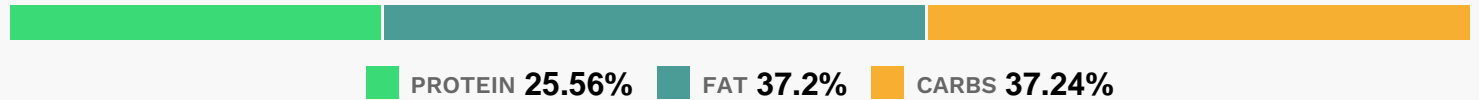
## Equipment

- oven
- baking pan
- toothpicks

## Directions

- Heat oven to 350F.
- Brown meat with onions and peppers in large skillet. Stir in next 4 ingredients; cook and stir 3 min. or until heated through. Spoon into 13x9-inch baking dish sprayed with cooking spray.
- Prepare muffin batter as directed on package; stir in cheese.
- Spread over meat mixture.
- Bake 20 min. or until toothpick inserted in center of cornbread topping comes out clean.

## Nutrition Facts



## Properties

Glycemic Index:1.75, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.4134782604549%

## Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 57.97kcal (2.9%), Fat: 2.38g (3.67%), Saturated Fat: 1.12g (7%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.35g (1.58%), Sugar: 1.51g (1.68%), Cholesterol: 9.32mg (3.11%), Sodium: 166.1mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.37%), Phosphorus: 66.29mg (6.63%), Zinc: 0.65mg (4.31%), Selenium: 2.98µg (4.25%), Fiber: 1.01g (4.06%), Vitamin B12: 0.23µg (3.87%), Calcium: 36.11mg (3.61%), Vitamin B3: 0.66mg (3.28%), Vitamin B2: 0.05mg (3.16%), Iron: 0.54mg (3.02%), Folate: 10.64µg (2.66%), Vitamin B6: 0.05mg (2.44%), Vitamin B1: 0.04mg (2.39%), Manganese: 0.04mg (2.02%), Vitamin A: 98.85IU (1.98%), Potassium: 65.75mg (1.88%), Magnesium: 7.18mg (1.8%), Copper: 0.03mg (1.42%), Vitamin B5: 0.11mg (1.09%)