



Cowboy Skillet Casserole

READY IN



35 min.

SERVINGS



6

CALORIES



474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce baked beans canned
- ☐ 8.5 ounce corn bread mix
- ☐ 1 eggs
- ☐ 1 pound ground beef
- ☐ 0.3 cup milk
- ☐ 0.5 onion chopped
- ☐ 2 bell peppers red cut into 2 inch pieces
- ☐ 1 tablespoon fajita seasoning dry

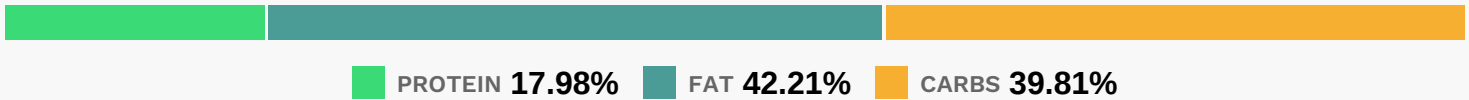
Equipment

- ☐ frying pan
- ☐ oven
- ☐ toothpicks

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Crumble the ground beef into a large cast-iron skillet over medium-high heat. Cook, stirring frequently, until beef is evenly brown.
- ☐ Drain the grease, and add the onion. Cook and stir until the onion is translucent.
- ☐ Add the red peppers, beans, and fajita seasoning; cook and stir until heated through.
- ☐ Spread out in an even layer on the bottom of the skillet.
- ☐ Mix the package of cornbread mix according to the directions using the egg and milk. Spoon over the ground beef mixture, and spread evenly.
- ☐ Place the whole skillet in the oven, and bake for 20 minutes, or until a toothpick inserted into the cornbread layer comes out clean. Cool for a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:24.11, Glycemic Load:5.34, Inflammation Score:-8, Nutrition Score:23.228260890297%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 474.15kcal (23.71%), Fat: 22.48g (34.59%), Saturated Fat: 8.01g (50.09%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 39.17g (14.24%), Sugar: 11g (12.23%), Cholesterol: 88.35mg (29.45%), Sodium: 690.32mg (30.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.55g (43.11%), Vitamin C: 52.97mg (64.2%),

Phosphorus: 437.21mg (43.72%), Fiber: 8.54g (34.18%), Zinc: 4.75mg (31.7%), Vitamin B12: 1.79µg (29.87%), Manganese: 0.57mg (28.59%), Selenium: 19.63µg (28.04%), Vitamin A: 1391.81IU (27.84%), Iron: 4.9mg (27.23%), Vitamin B3: 5.39mg (26.94%), Vitamin B6: 0.51mg (25.69%), Folate: 97.43µg (24.36%), Vitamin B2: 0.35mg (20.56%), Vitamin K: 20.73µg (19.75%), Vitamin B1: 0.28mg (18.81%), Potassium: 627.09mg (17.92%), Magnesium: 61.43mg (15.36%), Calcium: 139.09mg (13.91%), Copper: 0.26mg (13.2%), Vitamin E: 1.54mg (10.24%), Vitamin B5: 0.97mg (9.66%), Vitamin D: 0.37µg (2.48%)