



## Easy Mexican Bake (Cooking for 2)

READY IN



45 min.

SERVINGS



3

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon baking mix bisquick heart smart®
- ☐ 0.5 cup stewed tomatoes mexican-style canned drained
- ☐ 1 cup kidney beans red rinsed drained (from 19-oz can)
- ☐ 0.5 cup chicken breast strips/pre-cooked/chopped cooked
- ☐ 0.5 cup corn frozen
- ☐ 0.7 cup baking mix bisquick heart smart®
- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 2 tablespoons eggs fat-free

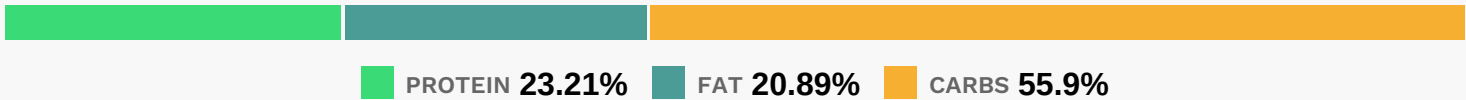
## Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ microwave

## Directions

- ☐ Heat oven to 400°F. Spray 1-quart casserole with cooking spray. In casserole, beat 1 tablespoon Bisquick® mix and the reserved liquid from tomatoes with wire whisk until blended. Stir in beans, chicken, corn and tomatoes; cut up large tomato chunks. Microwave on High 3 minutes; stir.
- ☐ In small bowl, beat 2/3 cup Bisquick mix, the milk and egg product with wire whisk until blended.
- ☐ Pour over mixture in casserole.
- ☐ Bake uncovered 23 to 28 minutes or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:21.51, Glycemic Load:3.17, Inflammation Score:-5, Nutrition Score:15.556521674861%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

## Nutrients (% of daily need)

Calories: 307.7kcal (15.38%), Fat: 7.24g (11.14%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 37.39g (13.6%), Sugar: 6.43g (7.15%), Cholesterol: 57.75mg (19.25%), Sodium: 539.28mg (23.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.22%), Phosphorus: 395.6mg (39.56%), Folate: 135.29µg (33.82%), Vitamin B3: 5.77mg (28.86%), Fiber: 6.22g (24.9%), Vitamin B1: 0.36mg (23.71%), Manganese: 0.46mg (23.24%), Iron: 3.78mg (20.98%), Selenium: 13.43µg (19.18%), Vitamin B2: 0.31mg (18.22%), Potassium:

565.53mg (16.16%), Vitamin B6: 0.32mg (15.99%), Magnesium: 58.75mg (14.69%), Copper: 0.27mg (13.6%), Calcium: 124.6mg (12.46%), Zinc: 1.54mg (10.25%), Vitamin B5: 0.99mg (9.87%), Vitamin K: 8.13µg (7.74%), Vitamin C: 6.14mg (7.44%), Vitamin B12: 0.41µg (6.81%), Vitamin E: 0.58mg (3.85%), Vitamin A: 175.25IU (3.5%), Vitamin D: 0.45µg (2.97%)