



Easy Mexican-Style Bake

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz canned tomatoes mexican-style drained canned
- ☐ 1 cup roasted chicken cooked
- ☐ 1 eggs
- ☐ 0.5 cup milk
- ☐ 15 oz kidney beans dark red drained canned
- ☐ 11 oz corn whole with red and green peppers, undrained canned
- ☐ 1 cup baking mix bisquick heart smart®
- ☐ 1 tablespoon baking mix bisquick heart smart®

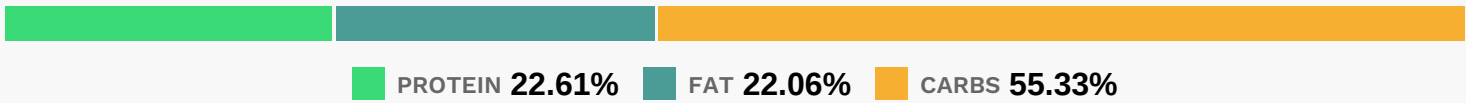
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400F. In ungreased 8-inch square (2-quart) glass baking dish, stir together chicken, beans, tomatoes and corn. Stir 1 tablespoon Bisquick mix and reserved tomato liquid until blended; stir into chicken mixture.
- ☐ In medium bowl, stir together 1 cup Bisquick, the milk and egg until blended.
- ☐ Pour over chicken mixture in baking dish.
- ☐ Bake uncovered 25 to 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:17.88, Glycemic Load:5.18, Inflammation Score:-6, Nutrition Score:16.199130566224%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg, Quercetin: 4.83mg

Nutrients (% of daily need)

Calories: 308.2kcal (15.41%), Fat: 7.64g (11.76%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 36.13g (13.14%), Sugar: 6.86g (7.63%), Cholesterol: 47.67mg (15.89%), Sodium: 498.86mg (21.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.25%), Folate: 148.81µg (37.2%), Phosphorus: 355.15mg (35.51%), Manganese: 0.58mg (28.79%), Fiber: 7.02g (28.07%), Iron: 4.12mg (22.9%), Vitamin B3: 4.54mg (22.69%), Vitamin B1: 0.33mg (22.04%), Potassium: 677.32mg (19.35%), Copper: 0.37mg (18.32%), Vitamin B2: 0.28mg (16.39%), Magnesium: 65.15mg (16.29%), Vitamin B6: 0.33mg (16.27%), Selenium: 11.32µg (16.18%), Zinc: 1.76mg (11.71%), Calcium: 116.31mg (11.63%), Vitamin K: 11.13µg (10.6%), Vitamin C: 8.1mg (9.82%), Vitamin B5: 0.96mg

(9.6%), Vitamin E: 0.99mg (6.63%), Vitamin B12: 0.33µg (5.51%), Vitamin A: 230.3IU (4.61%), Vitamin D: 0.37µg (2.47%)