



Eat for Eight Bucks: King Ranch Leftovers

READY IN



45 min.

SERVINGS



6

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ancho chili powder your favorite (or blend)
- ☐ 1 small can chilis green chopped
- ☐ 0.3 teaspoon ground pepper (, if you love heat)
- ☐ 0.5 cup cilantro leaves loosely packed chopped
- ☐ 1.5 cups rice white cooked cut into strips)
- ☐ 2 tablespoons flour
- ☐ 3 cloves garlic chopped
- ☐ 1 teaspoon ground cumin
- ☐ 14 ounce refried beans diced or any cooked vegetable) canned

- ☐ 4 ounces monterrey jack cheese such as monterey jack grated
- ☐ 1.5 cups milk
- ☐ 1 medium onion chopped
- ☐ 6 servings bell pepper
- ☐ 6 servings salt
- ☐ 3 cups barbequed pulled pork shredded cooked (or chicken or beef)
- ☐ 4 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 350°F. Melt the butter in a saucepan over medium heat.
- ☐ Add the onion and cook for 10 minutes, stirring occasionally.
- ☐ Add the garlic, flour, cumin, cayenne, and chile powder and cook for 2 minutes, stirring constantly. Turn the heat down if the pot is making aggressive noises. Then stir in the milk and cook, stirring frequently, until the sauce has thickened, about 10 minutes.
- ☐ Remove the pot from the heat. Stir in the can of chiles, if using, and a handful of cheese. Taste and season with salt and pepper.
- ☐ Put the meat, beans (or vegetables), and rice (or tortillas) in a bowl.
- ☐ Add the sauce and cilantro and stir until everything is well combined. Taste and season with salt and pepper if necessary.
- ☐ Grease a 9x13 casserole lightly with olive oil and pour in the saucy mixture. Top with the remaining cheese and bake until bubbly, 25–30 minutes.

Nutrition Facts



 PROTEIN **20.08%**  FAT **40.94%**  CARBS **38.98%**

Properties

Glycemic Index:74.33, Glycemic Load:17.64, Inflammation Score:-10, Nutrition Score:18.694782599159%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg, Quercetin: 4.62mg

Nutrients (% of daily need)

Calories: 534.22kcal (26.71%), Fat: 24.5g (37.69%), Saturated Fat: 12.4g (77.5%), Carbohydrates: 52.48g (17.49%), Net Carbohydrates: 46.92g (17.06%), Sugar: 25.95g (28.83%), Cholesterol: 95.07mg (31.69%), Sodium: 1508.1mg (65.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.03g (54.06%), Vitamin C: 106.21mg (128.74%), Vitamin A: 3393.12IU (67.86%), Calcium: 328.93mg (32.89%), Fiber: 5.56g (22.23%), Phosphorus: 201.05mg (20.11%), Vitamin B6: 0.39mg (19.48%), Manganese: 0.37mg (18.54%), Iron: 3mg (16.64%), Vitamin B2: 0.26mg (15.55%), Folate: 58.55µg (14.64%), Vitamin E: 1.82mg (12.13%), Selenium: 8.41µg (12.02%), Potassium: 364.43mg (10.41%), Vitamin K: 9.99µg (9.51%), Zinc: 1.34mg (8.95%), Vitamin B12: 0.5µg (8.37%), Vitamin B1: 0.12mg (8.23%), Magnesium: 32.49mg (8.12%), Vitamin B5: 0.74mg (7.39%), Vitamin B3: 1.38mg (6.93%), Vitamin D: 0.92µg (6.16%), Copper: 0.08mg (3.82%)