



Firecracker Casserole

READY IN



55 min.

SERVINGS



10

CALORIES



412 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce black beans drained and rinsed canned
- 14.5 ounce to 2 chilies slit diced with green chile peppers canned
- 2 tablespoons chili powder
- 10.5 ounce cream of mushroom soup canned
- 4 7-inch flour tortilla ()
- 2 pounds ground beef
- 1 tablespoon ground cumin
- 1 onion chopped
- 0.5 teaspoon salt

1 cup cheddar cheese shredded

Equipment

bowl

frying pan

oven

baking pan

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.

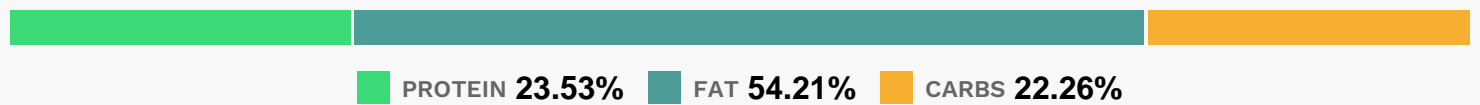
Heat a large skillet over medium-high heat. Cook and stir the ground beef with the onion in the hot skillet until completely browned, 7 to 10 minutes; drain any excess fat. Stir the black beans, chili powder, cumin, and salt to the beef mixture; cook and stir until hot, about 5 minutes.

Pour the mixture into the prepared baking dish. Arrange the tortillas atop the beef mixture.

Mix the tomatoes with green chile peppers and cream of mushroom soup together in a bowl; spread over the tortillas. Top with the Cheddar cheese.

Bake in the preheated oven until cooked through and the cheese is melted completely, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:3.18, Inflammation Score:-6, Nutrition Score:16.576087018718%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 411.95kcal (20.6%), Fat: 24.67g (37.95%), Saturated Fat: 10.11g (63.19%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 16.98g (6.18%), Sugar: 2.68g (2.98%), Cholesterol: 77.2mg (25.73%), Sodium: 925.3mg (40.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.09g (48.19%), Vitamin B12: 2.11µg (35.15%), Zinc: 4.98mg (33.19%), Selenium: 21.87µg (31.25%), Phosphorus: 298.54mg (29.85%), Vitamin B3: 5.41mg (27.06%), Fiber: 5.8g (23.2%), Iron: 4.16mg (23.12%), Vitamin B6: 0.4mg (19.81%), Vitamin B2: 0.32mg (19.11%), Manganese: 0.35mg (17.56%), Calcium: 152.63mg (15.26%), Potassium: 503.13mg (14.38%), Vitamin B1: 0.21mg (14.21%), Folate: 56.64µg (14.16%), Copper: 0.25mg (12.25%), Vitamin A: 597.17IU (11.94%), Magnesium: 45.17mg (11.29%), Vitamin C: 6.95mg (8.43%), Vitamin E: 1.09mg (7.26%), Vitamin B5: 0.69mg (6.95%), Vitamin K: 5µg (4.76%), Vitamin D: 0.16µg (1.06%)