



Football Fiesta Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



813 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 oz olives black drained chopped canned (1 cup)
- ☐ 48 oz beans red drained and rinsed canned
- ☐ 45 oz tomato sauce canned
- ☐ 1 pound cheddar cheese low-fat grated
- ☐ 0.3 cup chili powder
- ☐ 9.8 oz corn chips such as fritos
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 cloves garlic minced

- ☐ 1 tablespoon ground cumin
- ☐ 2 pounds ground beef lean (90 percent)
- ☐ 1 large onion chopped

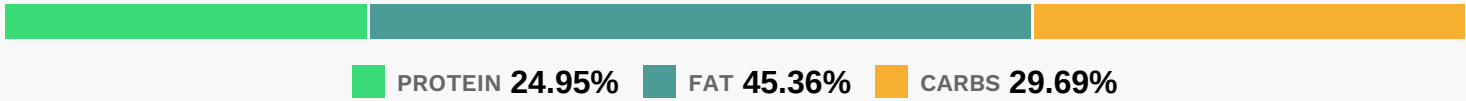
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350F. Mist a skillet with cooking spray. Saut beef over medium-high heat until no longer pink, 5 to 7 minutes.
- ☐ Add onion; saut for 3 minutes.
- ☐ Add garlic; cook for 1 minute.
- ☐ Add chili powder and cumin; cook, stirring, for 2 minutes.
- ☐ Add tomato sauce, lower heat and simmer for 10 minutes. Stir in 2 Tbsp. cilantro.
- ☐ Mist a deep 9-by-13-inch casserole dish with cooking spray.
- ☐ Spread half of meat in baking dish, then half of beans, half of olives, half of corn chips and half of cheese. Repeat layering with remaining meat, beans, olives, chips and cheese.
- ☐ Bake for 40 to 45 minutes, until golden and crispy on top and bubbling.
- ☐ Sprinkle with remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:12.08, Inflammation Score:-10, Nutrition Score:43.274782077126%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 813.31kcal (40.67%), Fat: 42.08g (64.74%), Saturated Fat: 15.76g (98.49%), Carbohydrates: 61.96g (20.65%), Net Carbohydrates: 45.46g (16.53%), Sugar: 10.58g (11.76%), Cholesterol: 127.01mg (42.34%), Sodium: 2270mg (98.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.07g (104.15%), Phosphorus: 809.34mg (80.93%), Vitamin A: 3578.08IU (71.56%), Zinc: 10.12mg (67.45%), Fiber: 16.51g (66.03%), Selenium: 43.28µg (61.83%), Vitamin E: 9.24mg (61.62%), Calcium: 580.2mg (58.02%), Vitamin B12: 3.14µg (52.35%), Vitamin B6: 1.04mg (52.01%), Manganese: 1.03mg (51.73%), Vitamin B3: 9.95mg (49.76%), Iron: 8.82mg (48.98%), Potassium: 1604.14mg (45.83%), Vitamin B2: 0.76mg (44.6%), Magnesium: 158.56mg (39.64%), Copper: 0.69mg (34.66%), Vitamin K: 25.12µg (23.92%), Vitamin B1: 0.34mg (22.49%), Folate: 85.62µg (21.4%), Vitamin B5: 1.98mg (19.76%), Vitamin C: 14.62mg (17.73%), Vitamin D: 0.45µg (3.02%)