



Gluten Free Mexican Lasagna

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 30 ounce chili without beans wolf® canned such as
- ☐ 12 corn tortillas or as needed
- ☐ 1 small onion chopped
- ☐ 3 cups sharp cheddar cheese shredded divided

Equipment

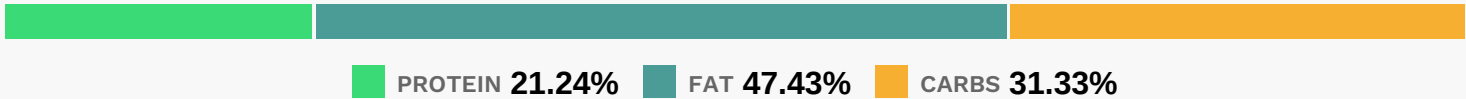
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Mix chili, black beans, and onion together in a bowl.
- ☐ Layer 4 tortillas in the bottom of the prepared baking dish; cover with 1 cup Cheddar cheese. Spoon half the chili mixture over cheese layer. Repeat 2 more layers with the remaining ingredients, ending with Cheddar cheese on top. Cover dish with aluminum foil.
- ☐ Bake in the preheated oven until lasagna is bubbling, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:13.06, Glycemic Load:8, Inflammation Score:-6, Nutrition Score:17.293912908305%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 435.23kcal (21.76%), Fat: 23.23g (35.74%), Saturated Fat: 10.76g (67.24%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 27.73g (10.08%), Sugar: 2.02g (2.25%), Cholesterol: 64.7mg (21.57%), Sodium: 936.09mg (40.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.4g (46.81%), Phosphorus: 458.34mg (45.83%), Calcium: 383.69mg (38.37%), Selenium: 22.02µg (31.45%), Manganese: 0.56mg (28%), Fiber: 6.8g (27.22%), Vitamin B12: 1.53µg (25.56%), Zinc: 3.56mg (23.72%), Vitamin B2: 0.4mg (23.32%), Iron: 3.71mg (20.63%), Magnesium: 80.26mg (20.07%), Copper: 0.38mg (18.97%), Vitamin B6: 0.29mg (14.58%), Potassium: 478.34mg (13.67%), Folate: 53.44µg (13.36%), Vitamin B3: 2.27mg (11.33%), Vitamin B1: 0.16mg (10.69%), Vitamin A: 427.68IU (8.55%), Vitamin E: 1.06mg (7.04%), Vitamin B5: 0.49mg (4.93%), Vitamin C: 4mg (4.84%), Vitamin K: 3.39µg (3.23%), Vitamin D: 0.36µg (2.4%)