



11%
HEALTH SCORE

Hominy Beef Bake

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces tomato sauce canned
- 15 ounces chili with beans canned
- 3 teaspoons chili powder
- 10 ounces corn chips crushed
- 2 garlic clove minced
- 1 pound ground beef
- 15 ounces hominy drained canned
- 1 small onion chopped

6 servings salt and pepper to taste

0.5 cup water

Equipment

frying pan

oven

baking pan

Directions

In a large skillet, cook beef and onion over medium heat until meat is no longer pink.

Add garlic; cook 1 minute longer.

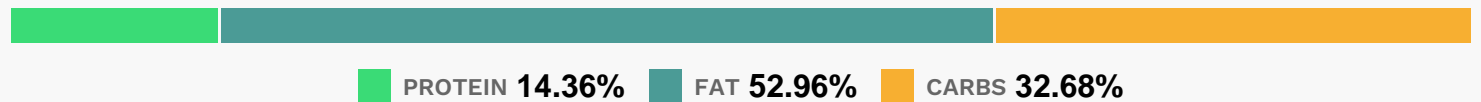
Drain. Stir in the hominy, chili, tomato sauce, water, chili powder, salt and pepper.

Transfer to a greased 13-in. x 9-in. baking dish.

Sprinkle with corn chips.

Bake, uncovered, at 350° for 30 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.98, Inflammation Score:-7, Nutrition Score:19.344782456108%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 595.15kcal (29.76%), Fat: 35.69g (54.91%), Saturated Fat: 9.65g (60.29%), Carbohydrates: 49.55g (16.52%), Net Carbohydrates: 41.63g (15.14%), Sugar: 4.18g (4.65%), Cholesterol: 65.72mg (21.91%), Sodium: 1298.97mg (56.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.77g (43.54%), Zinc: 6.09mg (40.61%), Phosphorus: 363.18mg (36.32%), Vitamin E: 5.06mg (33.73%), Fiber: 7.91g (31.66%), Iron: 5.48mg (30.46%), Vitamin B12: 1.62µg (26.96%), Selenium: 18.61µg (26.59%), Vitamin B6: 0.5mg (25.23%), Magnesium: 98.88mg (24.72%),

Manganese: 0.45mg (22.35%), Vitamin B3: 4.38mg (21.91%), Potassium: 690.07mg (19.72%), Vitamin B5: 1.91mg (19.08%), Vitamin B2: 0.27mg (15.63%), Vitamin A: 700.05IU (14%), Calcium: 133.01mg (13.3%), Copper: 0.26mg (13.12%), Folate: 32.01µg (8%), Vitamin K: 8µg (7.62%), Vitamin B1: 0.11mg (7.32%), Vitamin C: 5.03mg (6.1%)