



Layered Tamale Casserole

READY IN



45 min.

SERVINGS



8

CALORIES



374 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.8 cups julienne-cut bell pepper red 2 medium
- ☐ 30 ounce black beans drained canned
- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 5 8-inch flour tortillas
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1.3 cups taco sauce green
- ☐ 6 ounces monterrey jack cheese shredded

- ☐ 3 cups onion sliced 2 large
- ☐ 0.3 cup water
- ☐ 2.5 cups zucchini thinly sliced 2 medium

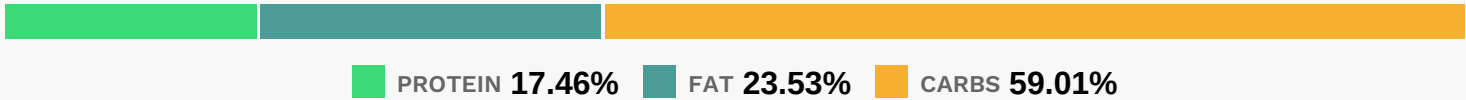
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven

Directions

- ☐ Place water and beans in a food processor; process until smooth. Set aside.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add onion, zucchini, bell pepper, and garlic; saut 10 minutes.
- ☐ Add corn, cumin, and ground red pepper; cook 2 minutes. Set aside.
- ☐ Preheat oven to 35
- ☐ Coat a 3-quart round souffl dish with cooking spray.
- ☐ Place 1 tortilla in bottom.
- ☐ Spread 1/2 cup bean mixture over tortilla. Spoon 1 cup onion mixture over top. Top with 1/4 cup sauce.
- ☐ Sprinkle with 1/4 cup cheese. Repeat with remaining ingredients, ending with 1/2 cup cheese.
- ☐ Bake at 350 for 45 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:6.86, Inflammation Score:-9, Nutrition Score:20.480869567913%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.52mg, Quercetin: 12.52mg, Quercetin: 12.52mg, Quercetin: 12.52mg

Nutrients (% of daily need)

Calories: 373.74kcal (18.69%), Fat: 9.94g (15.29%), Saturated Fat: 5.21g (32.53%), Carbohydrates: 56.06g (18.69%), Net Carbohydrates: 45.05g (16.38%), Sugar: 15.64g (17.38%), Cholesterol: 18.92mg (6.31%), Sodium: 1263.77mg (54.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.17%), Vitamin C: 56.6mg (68.6%), Fiber: 11.01g (44.05%), Folate: 142.03µg (35.51%), Phosphorus: 327.49mg (32.75%), Manganese: 0.64mg (31.77%), Calcium: 269.26mg (26.93%), Vitamin A: 1305.44IU (26.11%), Vitamin B1: 0.39mg (25.72%), Vitamin B2: 0.4mg (23.6%), Iron: 3.98mg (22.1%), Potassium: 677.81mg (19.37%), Magnesium: 70.78mg (17.7%), Selenium: 12.23µg (17.47%), Vitamin B6: 0.34mg (17.18%), Copper: 0.31mg (15.31%), Vitamin B3: 2.88mg (14.39%), Zinc: 1.78mg (11.85%), Vitamin B5: 0.63mg (6.26%), Vitamin K: 6.41µg (6.1%), Vitamin E: 0.67mg (4.5%), Vitamin B12: 0.18µg (2.94%)