



Mexican bake



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 800 g black beans drained and rinsed canned
- ☐ 35 g sachet fajita seasoning
- ☐ 800 g tomatoes with chilli chopped canned
- ☐ 6 tortillas
- ☐ 140 g monterrey jack cheese grated

Equipment

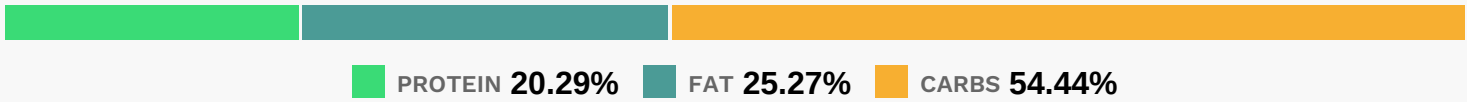
- ☐ frying pan
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Heat a non-stick frying pan, add the black beans and fajita spice mix, stir together and cook for 1-2 mins.
- ☐ Add the tomatoes and simmer over a low heat for 10 mins.
- ☐ Cut the tortillas in half. Lightly grease a 2-litre baking dish.
- ☐ Spread a third of the bean mixture over the base of the dish, followed by 3 tbsp of the cheese and a layer of tortillas. Repeat the process, finishing with a tortilla layer on top.
- ☐ Sprinkle over the remaining cheese.
- ☐ Bake for 15 mins until golden.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:11.3, Inflammation Score:-9, Nutrition Score:37.766086925631%

Nutrients (% of daily need)

Calories: 537.44kcal (26.87%), Fat: 15.72g (24.18%), Saturated Fat: 8.36g (52.28%), Carbohydrates: 76.2g (25.4%), Net Carbohydrates: 53.3g (19.38%), Sugar: 11g (12.22%), Cholesterol: 31.15mg (10.38%), Sodium: 1575.39mg (68.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.79%), Fiber: 22.89g (91.57%), Manganese: 1.49mg (74.74%), Vitamin K: 69.11µg (65.82%), Iron: 11.51mg (63.92%), Calcium: 604.54mg (60.45%), Folate: 217.34µg (54.33%), Phosphorus: 541.05mg (54.11%), Vitamin B1: 0.68mg (45.14%), Copper: 0.86mg (43.17%), Potassium: 1396.85mg (39.91%), Vitamin B2: 0.65mg (38.45%), Magnesium: 152.98mg (38.24%), Vitamin B3: 6.11mg (30.56%), Vitamin C: 24mg (29.09%), Vitamin E: 4.19mg (27.92%), Vitamin B6: 0.56mg (27.78%), Selenium: 19.3µg (27.58%), Zinc: 3.14mg (20.96%), Vitamin A: 855.99IU (17.12%), Vitamin B5: 1.15mg (11.52%), Vitamin B12: 0.29µg (4.84%), Vitamin D: 0.21µg (1.4%)