



Mexican Bean Pie

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



579 kcal

Ingredients

- ☐ 2 ounce olives black sliced canned
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 15 ounce pinto beans drained canned
- ☐ 1 tablespoon chili powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 tablespoon ground cumin
- ☐ 6 servings ground pepper black to taste
- ☐ 1 jalapeno minced seeded
- ☐ 16 ounce refried beans canned

- ☐ 0.5 cup salsa
- ☐ 1.5 cups cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 15.3 ounce kernel corn whole drained canned
- ☐ 5 10-inch tortillas whole wheat ()

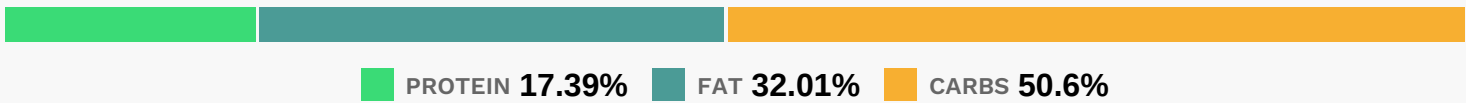
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ springform pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 10 inch round cake pan or springform pan.
- ☐ In a large saucepan over medium-high heat, mix black beans, pinto beans, refried beans, olives, corn, bell pepper, and jalapeno pepper. Season with cumin, chili power, and black pepper. Cook and stir until thickened, about 10 minutes.
- ☐ Lay one tortilla flat on the bottom of the prepared baking pan.
- ☐ Spread 1/4 of the bean mixture on the tortilla.
- ☐ Sprinkle 1/4 cup Cheddar cheese lightly over the bean mixture. Repeat layering, ending with a tortilla. Top with remaining Cheddar cheese.
- ☐ Bake 20 minutes in the preheated oven. Allow to cool slightly before serving.
- ☐ Serve with salsa and sour cream for garnish.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:5.61, Inflammation Score:-8, Nutrition Score:18.930434594984%

Flavonoids

Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 579.28kcal (28.96%), Fat: 20.77g (31.96%), Saturated Fat: 9.2g (57.53%), Carbohydrates: 73.87g (24.62%), Net Carbohydrates: 57.09g (20.76%), Sugar: 7.34g (8.15%), Cholesterol: 39.56mg (13.19%), Sodium: 1881.33mg (81.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.39g (50.78%), Fiber: 16.78g (67.13%), Calcium: 433.95mg (43.39%), Phosphorus: 334.79mg (33.48%), Iron: 5.78mg (32.09%), Manganese: 0.55mg (27.32%), Folate: 91.73µg (22.93%), Vitamin A: 1088.87IU (21.78%), Vitamin C: 17.06mg (20.67%), Magnesium: 77.36mg (19.34%), Potassium: 675.79mg (19.31%), Vitamin B2: 0.29mg (17.22%), Copper: 0.34mg (17.2%), Zinc: 2.25mg (15.03%), Selenium: 10.24µg (14.63%), Vitamin E: 1.99mg (13.24%), Vitamin B1: 0.19mg (12.41%), Vitamin B6: 0.23mg (11.5%), Vitamin B3: 1.78mg (8.9%), Vitamin K: 6.47µg (6.17%), Vitamin B12: 0.34µg (5.66%), Vitamin B5: 0.49mg (4.87%), Vitamin D: 0.17µg (1.13%)