



Mexican Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



577 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 30 ounce beans ranch-style canned
- ☐ 16 ounce pasteurized cheese product cubed prepared
- ☐ 16 ounce corn tortillas
- ☐ 32.3 ounce cream of chicken soup undiluted canned
- ☐ 4 pounds ground beef
- ☐ 2 large onions diced
- ☐ 30 ounce tomato and chiles diced green canned

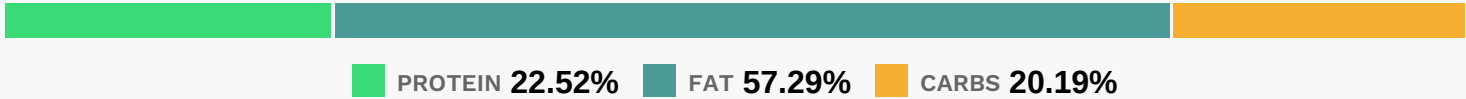
Equipment

- ☐ oven
- ☐ dutch oven

Directions

- ☐ Cook ground chuck and diced onion in a Dutch oven, stirring until meat crumbles and is no longer pink.
- ☐ Drain meat mixture, and return to Dutch oven.
- ☐ Stir in chicken soup, diced tomato and green chiles, and beans.
- ☐ Layer half of the tortillas evenly into 2 lightly greased 13- x 9-inch baking dishes. Top each with one-fourth of meat mixture and one-fourth of cheese cubes. Repeat layers with remaining tortillas, meat mixture, and cheese.
- ☐ Bake at 350 for 30 minutes or until cheese is melted.
- ☐ * Pinto beans may be substituted for ranch beans.
- ☐ Note: Freeze casserole up to 1 month, if desired. Thaw in refrigerator overnight, and bake as directed.

Nutrition Facts



Properties

Glycemic Index:14.84, Glycemic Load:10.99, Inflammation Score:-7, Nutrition Score:21.233478281809%

Flavonoids

Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 577.05kcal (28.85%), Fat: 36.74g (56.52%), Saturated Fat: 15.3g (95.65%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 23.57g (8.57%), Sugar: 3.83g (4.25%), Cholesterol: 113.43mg (37.81%), Sodium: 814.76mg (35.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.5g (65%), Phosphorus: 490.28mg (49.03%), Vitamin B12: 2.73µg (45.45%), Zinc: 6.77mg (45.13%), Selenium: 28.53µg (40.75%), Vitamin B3: 6.06mg (30.29%), Vitamin B6: 0.56mg (27.77%), Calcium: 276.85mg (27.68%), Vitamin B2: 0.39mg (22.84%), Iron: 4.05mg (22.48%),

Fiber: 5.56g (22.24%), Potassium: 700.29mg (20.01%), Manganese: 0.38mg (19.25%), Magnesium: 73.3mg (18.32%),
Vitamin A: 831.79IU (16.64%), Copper: 0.31mg (15.61%), Vitamin B1: 0.18mg (11.71%), Vitamin C: 9.15mg (11.09%),
Vitamin K: 11.52µg (10.97%), Folate: 41.81µg (10.45%), Vitamin B5: 0.97mg (9.66%), Vitamin E: 1.37mg (9.11%), Vitamin
D: 0.28µg (1.89%)