

Mexican Casserole

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



631 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups colby cheese shredded
- 5 10-inch flour tortilla ()
- 0.8 onion diced
- 16 ounce refried beans canned
- 1 cup salsa

Equipment

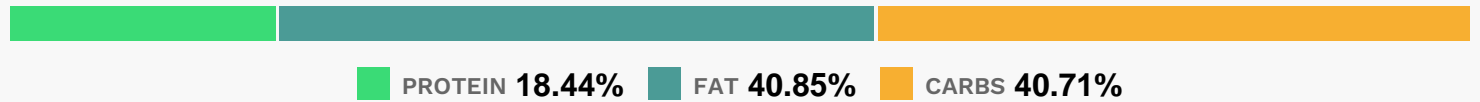
- frying pan
- sauce pan

- oven
- pie form

Directions

- Preheat oven to 375 degrees F (190 degrees C). Spray a 9-inch pie pan with non-stick cooking spray.
- In a saucepan, cook refried beans and onions (to soften them) on medium-high heat for about 5 minutes.
- Place one tortilla in the bottom of the greased pan.
- Spread about 1/3 cup of the bean mixture over it.
- Layer a few tablespoons of salsa over this. Then, place another tortilla over the salsa, and add more of the bean mixture. Follow the beans with a big handful of cheese, spreading evenly. repeat layers, spreading the ingredients evenly over the tortillas. On the top layer, make sure to use lots of salsa and cheese!
- Bake until the cheese is melted, approximately 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:17.01, Inflammation Score:-8, Nutrition Score:20.879130394562%

Flavonoids

Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 630.87kcal (31.54%), Fat: 28.32g (43.57%), Saturated Fat: 15.91g (99.43%), Carbohydrates: 63.51g (21.17%), Net Carbohydrates: 54.16g (19.7%), Sugar: 9.78g (10.86%), Cholesterol: 62.7mg (20.9%), Sodium: 2121.9mg (92.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.77g (57.55%), Calcium: 640.22mg (64.02%), Phosphorus: 508.65mg (50.87%), Selenium: 29.77µg (42.53%), Fiber: 9.35g (37.38%), Vitamin B1: 0.48mg (32.15%), Vitamin B2: 0.52mg (30.62%), Iron: 5.01mg (27.86%), Manganese: 0.54mg (27.01%), Folate: 100.65µg (25.16%), Vitamin B3: 4.68mg (23.4%), Vitamin A: 1062.57IU (21.25%), Zinc: 2.65mg (17.7%), Vitamin B6: 0.24mg (12.15%), Magnesium: 48.22mg (12.06%), Potassium: 391.01mg (11.17%), Vitamin K: 10.89µg (10.38%), Vitamin B12: 0.55µg

(9.13%), Copper: 0.17mg (8.45%), Vitamin E: 0.98mg (6.55%), Vitamin B5: 0.44mg (4.39%), Vitamin C: 2.76mg (3.35%), Vitamin D: 0.4µg (2.64%)