



Mexican Casserole

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 48 baked tortilla chips
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce pinto beans rinsed drained canned
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons green onions chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 1 jalapeno minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 12 ounce meatless crumbles fat-free (such as Lightlife Smart Ground)
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 4 teaspoons olive oil divided
- ☐ 0.3 cup olives ripe sliced
- ☐ 1 cup onion chopped
- ☐ 2 cups plum tomatoes seeded chopped
- ☐ 2 tablespoons cup heavy whipping cream fat-free sour

Equipment

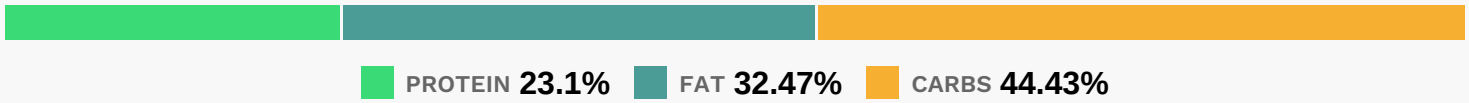
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 37
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium heat.
- ☐ Add onion to pan; cook 4 minutes or until tender.
- ☐ Add garlic and jalapeo; cook 1 minute. Stir in chili powder, cumin, black pepper, and crumbles; cook 3 minutes or until thoroughly heated. Arrange half of tortilla chips in an 11 x 7inch baking dish coated with cooking spray; top evenly with crumbles mixture.
- ☐ Heat remaining 2 teaspoons oil in skillet over medium heat.
- ☐ Add beans, mashing with the back of a wooden spoon until chunky and thick; cook 2 minutes or until heated, stirring constantly. Stir in lime juice.
- ☐ Combine tomato and cilantro.
- ☐ Layer beans and tomato mixture over crumbles mixture in dish. Top with remaining tortilla chips, pressing to slightly crush.
- ☐ Sprinkle evenly with cheese.

- ☐
- Bake at 375 for 13 minutes or until cheese is bubbly.
- ☐
- Cut casserole into 6 equal pieces; top each serving with 1 teaspoon sour cream, 1 teaspoon onions, and 2 teaspoons olives.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:4.93, Inflammation Score:-8, Nutrition Score:22.920434692632%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 372.38kcal (18.62%), Fat: 13.75g (21.15%), Saturated Fat: 4.71g (29.45%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 33.24g (12.09%), Sugar: 5.08g (5.64%), Cholesterol: 17.18mg (5.73%), Sodium: 750.89mg (32.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.01g (44.02%), Vitamin B12: 4.87µg (81.25%), Vitamin B1: 0.84mg (56.06%), Phosphorus: 375.34mg (37.53%), Vitamin B3: 7.5mg (37.5%), Fiber: 9.09g (36.36%), Vitamin B6: 0.69mg (34.71%), Iron: 5.06mg (28.08%), Calcium: 241.42mg (24.14%), Vitamin C: 17.58mg (21.31%), Vitamin A: 1016.9IU (20.34%), Manganese: 0.4mg (19.84%), Potassium: 646.27mg (18.46%), Vitamin B2: 0.3mg (17.49%), Magnesium: 66.62mg (16.65%), Vitamin K: 15.54µg (14.8%), Zinc: 2.11mg (14.09%), Vitamin E: 1.91mg (12.7%), Copper: 0.22mg (11.21%), Folate: 44.15µg (11.04%), Selenium: 7.15µg (10.22%), Vitamin B5: 0.26mg (2.63%)