



Mexican Lasagna

READY IN



30 min.

SERVINGS



4

CALORIES



1179 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans drained canned
- ☐ 2 tablespoons chili powder
- ☐ 1 cup corn kernels frozen
- ☐ 1 cup canned tomatoes fire roasted canned
- ☐ 8 8-inch spinach flour tortillas ()
- ☐ 2 pounds ground chicken breast
- ☐ 2 teaspoons ground cumin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2.5 cups pepper jack shredded

- ☐ 0.5 onion red chopped
- ☐ 4 servings salt
- ☐ 2 scallions finely chopped

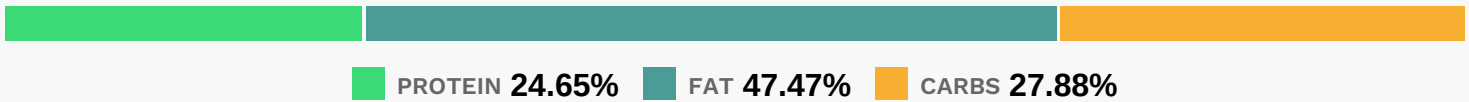
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Preheat a large skillet over medium high heat.
- ☐ Add 2 tablespoons extra-virgin olive oil – twice around the pan.
- ☐ Add chicken and season with chili powder, cumin, and red onion. Brown the meat, 5 minutes.
- ☐ Add taco sauce or stewed or fire roasted tomatoes.
- ☐ Add black beans and corn.
- ☐ Heat the mixture through, 2 to 3 minutes then season with salt, to your taste.
- ☐ Coat a shallow baking dish with remaining extra-virgin olive oil, about 1 tablespoon oil.
- ☐ Cut the tortillas in half or quarters to make them easy to layer with. Build lasagna in layers of meat and beans, then tortillas, then cheese. Repeat: meat, tortilla, cheese again.
- ☐ Bake lasagna 12 to 15 minutes until cheese is brown and bubbly. Top with the scallions and serve.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:16.77, Inflammation Score:-9, Nutrition Score:49.747825788415%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 1179.02kcal (58.95%), Fat: 62.66g (96.4%), Saturated Fat: 23.51g (146.92%), Carbohydrates: 82.82g (27.61%), Net Carbohydrates: 68.71g (24.99%), Sugar: 8.37g (9.3%), Cholesterol: 265.67mg (88.56%), Sodium: 2203.86mg (95.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.2g (146.4%), Phosphorus: 1094.15mg (109.42%), Selenium: 68.47µg (97.81%), Vitamin B3: 18.82mg (94.08%), Vitamin B2: 1.36mg (79.95%), Calcium: 750mg (75%), Vitamin B6: 1.45mg (72.6%), Vitamin B1: 0.97mg (64.71%), Fiber: 14.11g (56.45%), Iron: 9.69mg (53.84%), Potassium: 1879.97mg (53.71%), Folate: 200.67µg (50.17%), Zinc: 7.44mg (49.59%), Manganese: 0.97mg (48.54%), Vitamin A: 2249.16IU (44.98%), Magnesium: 143.87mg (35.97%), Vitamin B12: 2.02µg (33.64%), Vitamin B5: 3.33mg (33.34%), Vitamin K: 33.93µg (32.32%), Vitamin E: 4.29mg (28.57%), Copper: 0.55mg (27.68%), Vitamin C: 6.95mg (8.42%), Vitamin D: 0.42µg (2.83%)