



Mexican Pork and Beans Casserole



Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 oz pinto beans rinsed drained canned
- ☐ 6 6-inch corn tortillas cut in half, then cut crosswise into 1-inch strips (2 cups) ()
- ☐ 10 oz enchilada sauce canned
- ☐ 1 lb ground pork
- ☐ 1 cup monterrey jack cheese shredded with jalapeño peppers (4 oz)
- ☐ 1 oz taco seasoning
- ☐ 0.8 cup tomatoes chopped
- ☐ 0.5 cup water

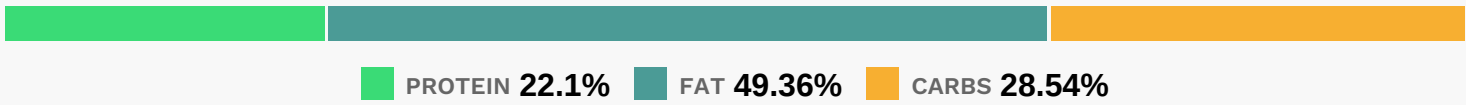
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375F. In 10-inch nonstick skillet, cook pork over medium-high heat 5 to 7 minutes, stirring frequently, until no longer pink; drain.
- ☐ In ungreased 2-quart casserole, stir pork, beans, taco seasoning mix, enchilada sauce, water and tortilla strips until well mixed.
- ☐ Cover and bake about 40 minutes or until heated through. Stir casserole; sprinkle with cheese.
- ☐ Bake uncovered 5 to 8 minutes longer or until cheese is melted. Top with tomato.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:8.63, Inflammation Score:-7, Nutrition Score:16.260869731074%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 415kcal (20.75%), Fat: 22.9g (35.23%), Saturated Fat: 9.75g (60.95%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 22.99g (8.36%), Sugar: 5.57g (6.19%), Cholesterol: 71.19mg (23.73%), Sodium: 1149.75mg (49.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.07g (46.14%), Vitamin B1: 0.62mg (41.63%), Phosphorus: 367.23mg (36.72%), Selenium: 22.91µg (32.73%), Fiber: 6.81g (27.25%), Vitamin B6: 0.43mg (21.44%), Vitamin A: 1064.18IU (21.28%), Calcium: 207.91mg (20.79%), Zinc: 3mg (20%), Vitamin B3: 3.99mg (19.94%), Manganese: 0.34mg (17.05%), Vitamin B2: 0.28mg (16.64%), Magnesium: 63.8mg (15.95%), Iron: 2.82mg (15.64%), Potassium: 520.34mg (14.87%), Vitamin B12: 0.69µg (11.43%), Copper: 0.21mg (10.45%), Vitamin C: 6.65mg (8.06%), Folate: 28.27µg (7.07%), Vitamin B5: 0.69mg (6.86%), Vitamin E: 0.63mg (4.18%), Vitamin K: 3.43µg (3.27%)