



Mexican Skillet Casserole

 Gluten Free

READY IN



23 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced with jalapeños canned
- ☐ 2 teaspoons canola oil
- ☐ 2 tablespoons chili powder
- ☐ 1.8 cups rice long-grain white hot cooked
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground round

- ☐ 0.8 teaspoon kosher salt
- ☐ 1.8 cups onion chopped
- ☐ 0.5 cup sharp cheddar cheese shredded reduced-fat

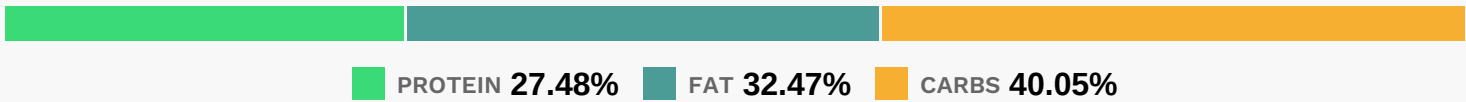
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion and garlic; saut 3 minutes or until tender.
- ☐ Add beef; cook 4 minutes or until browned, stirring to crumble.
- ☐ Drain, and return to pan. Stir in chili powder, cumin, and salt.
- ☐ Add rice, tomatoes, and beans; cook over medium heat 2 minutes or until thoroughly heated, stirring occasionally.
- ☐ Sprinkle with cheese; cover and remove from heat.
- ☐ Let stand 1 minute or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:12.43, Inflammation Score:-7, Nutrition Score:15.604347817276%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 270kcal (13.5%), Fat: 9.85g (15.15%), Saturated Fat: 3.89g (24.29%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 21.2g (7.71%), Sugar: 3.95g (4.39%), Cholesterol: 43.92mg (14.64%), Sodium: 608.79mg (26.47%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.51%), Manganese: 0.5mg (25.03%), Zinc: 3.75mg (24.97%), Fiber: 6.13g (24.52%), Phosphorus: 245.08mg (24.51%), Vitamin B6: 0.46mg (22.81%), Selenium: 15.81µg (22.59%), Vitamin B12: 1.33µg (22.13%), Vitamin B3: 4.27mg (21.35%), Iron: 3.64mg (20.23%), Potassium: 614.44mg (17.56%), Vitamin A: 780.38IU (15.61%), Copper: 0.3mg (15.18%), Vitamin B2: 0.25mg (14.43%), Magnesium: 54.05mg (13.51%), Folate: 52.31µg (13.08%), Vitamin E: 1.84mg (12.3%), Calcium: 116.09mg (11.61%), Vitamin B1: 0.17mg (11.43%), Vitamin C: 9.25mg (11.22%), Vitamin B5: 0.81mg (8.12%), Vitamin K: 6.35µg (6.05%)