



## Mexican Tortilla Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 15 ounce kidney beans drained canned
- 14.5 ounce canned tomatoes mexican-style canned
- 1.5 teaspoons chili powder
- 6 6-inch corn tortillas cut in half ( )
- 2 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ground cumin
- 6 tablespoons cup heavy whipping cream sour reduced-fat
- 4 ounces monterrey jack cheese shredded

- 1 teaspoon olive oil
- 2.3 ounce olives ripe drained sliced canned
- 1.5 cups onion chopped
- 1 cup salsa
- 0.3 teaspoon salt
- 0.8 teaspoon sugar
- 1 cup baby squash yellow chopped

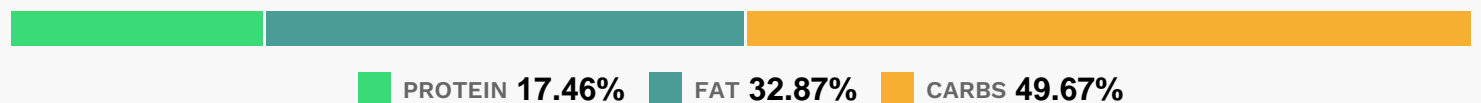
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 35
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and squash; saut 5 minutes or until tender.
- Add beans and next 6 ingredients; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until thoroughly heated.
- Arrange 6 tortilla halves in bottom of an 11 x 7-inch baking dish coated with cooking spray; top with half of tomato mixture.
- Sprinkle with olives and cilantro. Top with remaining 6 tortilla halves and tomato mixture.
- Cover and bake at 350 for 20 minutes. Uncover and sprinkle with cheese; bake an additional 10 minutes. Top each serving with sour cream.

## Nutrition Facts



## Properties

Glycemic Index:55.6, Glycemic Load:11.29, Inflammation Score:-7, Nutrition Score:15.531739076842%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

## Nutrients (% of daily need)

Calories: 280.33kcal (14.02%), Fat: 10.78g (16.59%), Saturated Fat: 4.96g (30.99%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 27.75g (10.09%), Sugar: 9.04g (10.04%), Cholesterol: 21.02mg (7.01%), Sodium: 964.75mg (41.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.77%), Fiber: 8.93g (35.71%), Phosphorus: 307.4mg (30.74%), Manganese: 0.57mg (28.62%), Calcium: 257.42mg (25.74%), Vitamin B6: 0.41mg (20.72%), Potassium: 714.57mg (20.42%), Magnesium: 76.86mg (19.22%), Copper: 0.35mg (17.6%), Vitamin C: 14.03mg (17%), Iron: 2.94mg (16.33%), Vitamin A: 782.25IU (15.64%), Vitamin E: 2.29mg (15.29%), Vitamin B2: 0.25mg (14.49%), Vitamin B1: 0.21mg (13.79%), Zinc: 1.84mg (12.29%), Folate: 48.73µg (12.18%), Vitamin B3: 2.33mg (11.63%), Vitamin K: 11.12µg (10.59%), Selenium: 6.74µg (9.62%), Vitamin B5: 0.52mg (5.24%), Vitamin B12: 0.21µg (3.45%)