



Nacho Skillet Casserole

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15.5 oz kidney beans drained canned
- ☐ 15 oz tomato sauce canned
- ☐ 0.5 teaspoon chili powder
- ☐ 11 oz corn kernels whole green red undrained canned
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 4 oz monterrey jack cheese shredded
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon oregano dried

- ☐ 1 teaspoon sugar
- ☐ 2 cups tortilla chips

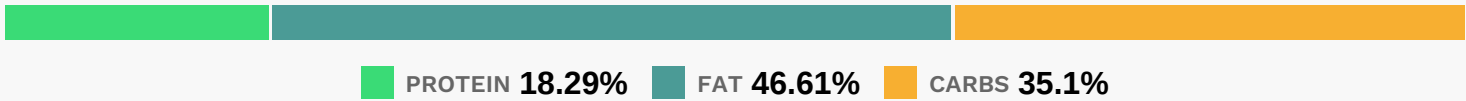
Equipment

- ☐ frying pan

Directions

- ☐ In 12-inch skillet, cook ground beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef thoroughly cooked; drain. Stir in sugar, oregano, chili powder, kidney beans, tomato sauce and corn. Simmer 10 to 20 minutes, stirring occasionally, until sauce is desired consistency.
- ☐ Sprinkle tortilla chips evenly over meat mixture; top with cheese. Cover; simmer 2 to 3 minutes or until cheese is melted.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.68, Glycemic Load:5.72, Inflammation Score:-7, Nutrition Score:20.093043690142%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 565.42kcal (28.27%), Fat: 29.94g (46.07%), Saturated Fat: 10.71g (66.95%), Carbohydrates: 50.75g (16.92%), Net Carbohydrates: 42.25g (15.37%), Sugar: 8.04g (8.93%), Cholesterol: 70.5mg (23.5%), Sodium: 923.27mg (40.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.87%), Phosphorus: 416.35mg (41.63%), Fiber: 8.49g (33.98%), Zinc: 5.08mg (33.83%), Vitamin B12: 1.77µg (29.58%), Vitamin B3: 5.17mg (25.83%), Vitamin B6: 0.5mg (25.11%), Selenium: 17.45µg (24.92%), Calcium: 235.39mg (23.54%), Magnesium: 92.04mg (23.01%), Potassium: 790.84mg (22.6%), Iron: 4.05mg (22.5%), Vitamin B2: 0.36mg (21.26%), Manganese: 0.39mg (19.63%), Vitamin E: 2.89mg (19.28%), Folate: 61.87µg (15.47%), Vitamin K: 16.12µg (15.35%), Copper: 0.31mg (15.28%), Vitamin B1: 0.21mg (14.13%), Vitamin B5: 1.4mg (13.98%), Vitamin A: 529.38IU (10.59%), Vitamin C: 7.74mg

(9.38%), Vitamin D: 0.19µg (1.26%)