



Skillet Tortilla Casserole

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce black beans drained canned
- 4.5 ounce chiles green chopped canned
- 14.5 ounce canned tomatoes whole undrained chopped canned
- 1 cup whole-kernel corn frozen divided thawed
- 6 6-inch corn tortillas quartered ()
- 2 tablespoons flour all-purpose
- 0.5 cup cilantro leaves fresh divided chopped
- 1 garlic clove crushed

- 0.5 cup green onions sliced
- 0.3 teaspoon ground cumin
- 0.3 cup cup heavy whipping cream sour low-fat
- 2 teaspoons olive oil
- 1 cup onion chopped
- 1 teaspoon oregano dried
- 0.5 teaspoon paprika
- 0.3 cup radishes sliced
- 2 ounces sharp cheddar cheese shredded

Equipment

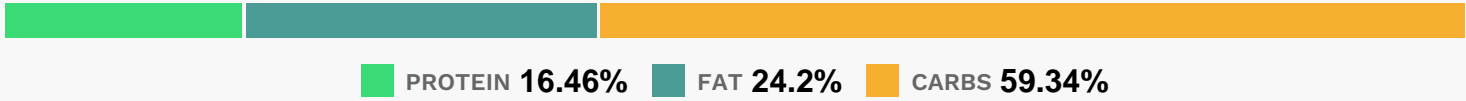
- bowl
- frying pan
- oven

Directions

- Preheat oven to 37
- Heat oil in a 10-inch cast-iron skillet over medium heat.
- Add onion, and saut 5 minutes.
- Add 3/4 cup corn; saut over medium-high heat 5 minutes or until lightly browned.
- Add oregano, cumin, and garlic; saut 30 seconds.
- Add flour; cook 1 minute, stirring constantly.
- Add tomatoes, beans, and chiles, and cook 2 minutes or until thick.
- Remove from heat; spoon bean mixture into a bowl.
- Spread 1/2 cup bean mixture over the bottom of skillet. Arrange half of tortilla quarters over bean mixture in skillet, overlapping slightly.
- Spread half of remaining bean mixture over tortilla quarters; sprinkle with green onions and 1/4 cup cilantro. Repeat with remaining tortillas and bean mixture. Top with 1/4 cup corn, cheese, and paprika.

- Bake at 375 for 30 minutes or until thoroughly heated.
- Remove from oven; let stand 10 minutes. Spoon onto 4 plates; top with 1/4 cup cilantro, radishes, and sour cream.

Nutrition Facts



Properties

Glycemic Index:92.13, Glycemic Load:12.96, Inflammation Score:-9, Nutrition Score:23.93695671662%

Flavonoids

Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg, Quercetin: 10.53mg

Nutrients (% of daily need)

Calories: 382.77kcal (19.14%), Fat: 10.84g (16.68%), Saturated Fat: 4.4g (27.49%), Carbohydrates: 59.81g (19.94%), Net Carbohydrates: 45.09g (16.4%), Sugar: 8.97g (9.97%), Cholesterol: 19.21mg (6.4%), Sodium: 884.83mg (38.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.18%), Fiber: 14.71g (58.86%), Vitamin K: 42.73µg (40.7%), Phosphorus: 393.64mg (39.36%), Manganese: 0.77mg (38.37%), Vitamin C: 31.2mg (37.82%), Folate: 143.97µg (35.99%), Iron: 5.25mg (29.17%), Potassium: 974.12mg (27.83%), Magnesium: 108.72mg (27.18%), Calcium: 269.95mg (26.99%), Copper: 0.52mg (26.03%), Vitamin B1: 0.35mg (23.45%), Vitamin B2: 0.38mg (22.62%), Vitamin B6: 0.45mg (22.5%), Vitamin B3: 3.56mg (17.8%), Vitamin A: 867.99IU (17.36%), Selenium: 10.94µg (15.62%), Zinc: 2.33mg (15.51%), Vitamin E: 2.17mg (14.44%), Vitamin B5: 0.87mg (8.68%), Vitamin B12: 0.21µg (3.51%)