



# Sour Cream Beef 'N' Beans

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**6**

CALORIES



**583 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 ounces pinto beans rinsed drained canned
- 1.5 cups corn chips crushed
- 6 servings corn chips
- 1 tablespoon dehydrated onion dried minced
- 15 ounces enchilada sauce canned
- 15 ounces enchilada sauce canned
- 4 ounces to 2 chilies slit green undrained chopped canned
- 6 ounces cheddar cheese shredded divided

8 ounces cream sour

## Equipment

microwave

## Directions

Crumble beef into an ungreased 2-qt. microwave-safe dish; cover with waxed paper. Cook on high for 3-4 minutes or until meat is no longer pink, stirring twice; drain. Stir in the beans, enchilada sauce, 1 cup of cheese, chilies, crushed corn chips and onion. Cover and microwave on high for 2 to 2-1/2 minutes or until heated through, stirring once.

Top with the sour cream and remaining cheese.

Heat, uncovered, at 70% power for 1-2 minutes or until cheese is melted.

Serve with corn chips.

## Nutrition Facts

**PROTEIN 10.98%** **FAT 51.59%** **CARBS 37.43%**

## Properties

Glycemic Index:12, Glycemic Load:3.56, Inflammation Score:-7, Nutrition Score:14.520434871964%

## Nutrients (% of daily need)

Calories: 582.84kcal (29.14%), Fat: 34.07g (52.42%), Saturated Fat: 11.51g (71.93%), Carbohydrates: 55.61g (18.54%), Net Carbohydrates: 47.24g (17.18%), Sugar: 12.64g (14.04%), Cholesterol: 50.65mg (16.88%), Sodium: 1936.13mg (84.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.63%), Calcium: 343.06mg (34.31%), Fiber: 8.37g (33.48%), Phosphorus: 323.3mg (32.33%), Vitamin A: 1465.16IU (29.3%), Vitamin E: 4.38mg (29.18%), Manganese: 0.46mg (23.05%), Selenium: 13.26µg (18.95%), Magnesium: 71.59mg (17.9%), Zinc: 2.22mg (14.82%), Iron: 2.58mg (14.32%), Vitamin B2: 0.24mg (14.1%), Potassium: 350.21mg (10.01%), Copper: 0.18mg (9.25%), Vitamin B6: 0.18mg (9.22%), Vitamin C: 6.56mg (7.96%), Folate: 30.61µg (7.65%), Vitamin B5: 0.63mg (6.34%), Vitamin B12: 0.38µg (6.33%), Vitamin K: 5.92µg (5.64%), Vitamin B1: 0.08mg (5.35%), Vitamin B3: 0.67mg (3.35%), Vitamin D: 0.17µg (1.13%)