



Southwestern Bean Bake

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

Ingredients

- 15 oz kidney beans rinsed drained canned
- 15 oz great northern beans rinsed drained canned
- 14.5 oz canned tomatoes undrained canned
- 0.5 cup salsa thick
- 0.3 cup catsup
- 0.5 cup cornmeal yellow
- 0.7 cup milk
- 1 tablespoon butter softened

0.3 cup spring onion sliced

1.5 cups frangelico

Equipment

bowl

sauce pan

oven

Directions

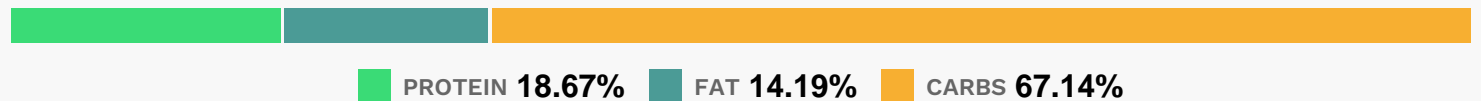
Heat oven to 425°F. In 2-quart saucepan, heat beans, tomatoes, salsa and ketchup to boiling, stirring occasionally; remove from heat.

Pour into ungreased 2-quart casserole.

In medium bowl, stir remaining ingredients until soft dough forms; beat 20 strokes. Drop dough by spoonfuls onto bean mixture; spread to edge of casserole.

Bake uncovered 20 to 25 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:38.08, Glycemic Load:11.22, Inflammation Score:-7, Nutrition Score:15.929565212001%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 261.77kcal (13.09%), Fat: 4.31g (6.63%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 45.86g (15.29%), Net Carbohydrates: 35.55g (12.93%), Sugar: 8.89g (9.88%), Cholesterol: 3.25mg (1.08%), Sodium: 541.04mg (23.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.51%), Fiber: 10.3g (41.22%), Manganese: 0.75mg (37.39%), Phosphorus: 262.24mg (26.22%), Magnesium: 93.99mg (23.5%), Folate: 93.7µg (23.43%), Potassium: 813.59mg (23.25%), Copper: 0.4mg (20.07%), Vitamin B1: 0.29mg (19.6%), Iron: 3.47mg (19.3%), Vitamin B6: 0.39mg (19.3%), Vitamin K: 16.48µg (15.7%), Calcium: 126.82mg (12.68%), Vitamin B2: 0.2mg (11.95%), Vitamin C: 9.4mg (11.4%), Vitamin B3: 2.28mg (11.39%), Zinc: 1.68mg (11.22%), Vitamin E: 1.44mg (9.59%), Vitamin A: 471.52IU

(9.43%), Selenium: 5.7µg (8.14%), Vitamin B5: 0.71mg (7.13%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.3µg (1.99%)