



Southwestern Bean Casserole

READY IN



45 min.

SERVINGS



7

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup chiles green canned divided drained chopped
- ☐ 32 ounce pinto beans drained canned
- ☐ 14.5 ounce canned tomatoes undrained canned
- ☐ 2 egg whites lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 cup buttermilk low-fat
- ☐ 4 ounces cheddar cheese shredded divided reduced-fat

- ☐ 1 cup no-salt-added corn cream-style canned divided
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup bottled salsa
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon vegetable oil
- ☐ 0.8 cup cornmeal yellow

Equipment

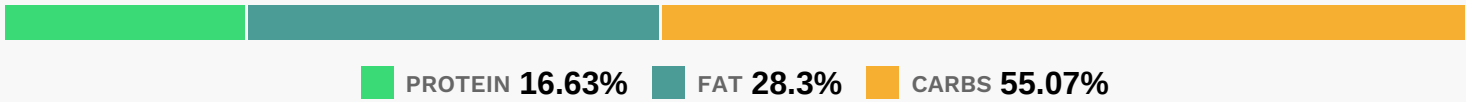
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Heat 1 teaspoon vegetable oil in a large saucepan coated with cooking spray over medium-high heat.
- ☐ Add onion and garlic, and saute 3 minutes.
- ☐ Add 1/2 cup corn, 1/4 cup chiles, salsa, and next 5 ingredients (salsa through tomatoes), and bring to a boil. Reduce heat, and simmer 15 minutes.
- ☐ Pour mixture into a 13 x 9-inch baking dish coated with cooking spray, and sprinkle with 1/2 cup cheese; set mixture aside.
- ☐ Combine cornmeal, flour, sugar, and 1/4 teaspoon salt in a medium bowl.
- ☐ Combine 1/2 cup corn, 1/4 cup chiles, 1/2 cup cheese, buttermilk, 1/4 cup oil, and egg whites, and add to cornmeal mixture, stirring just until moist.
- ☐ Spread batter evenly over bean mixture.

Bake casserole at 375 for 25 minutes or until corn bread is lightly browned.

Nutrition Facts



Properties

Glycemic Index:55.8, Glycemic Load:18.21, Inflammation Score:-7, Nutrition Score:17.120869298992%

Flavonoids

Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 367.45kcal (18.37%), Fat: 11.96g (18.4%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 52.37g (17.46%), Net Carbohydrates: 42.19g (15.34%), Sugar: 8.59g (9.54%), Cholesterol: 4.09mg (1.36%), Sodium: 1071.41mg (46.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Fiber: 10.17g (40.69%), Manganese: 0.76mg (38.17%), Phosphorus: 310.22mg (31.02%), Magnesium: 91.43mg (22.86%), Potassium: 787.17mg (22.49%), Iron: 3.94mg (21.88%), Vitamin K: 22.5µg (21.43%), Copper: 0.42mg (20.83%), Folate: 81.9µg (20.47%), Vitamin B6: 0.41mg (20.31%), Calcium: 188.1mg (18.81%), Vitamin E: 2.51mg (16.71%), Vitamin C: 13.69mg (16.6%), Vitamin B1: 0.23mg (15.65%), Zinc: 2.11mg (14.05%), Vitamin B2: 0.22mg (13.23%), Vitamin B3: 2.43mg (12.17%), Selenium: 7.88µg (11.26%), Vitamin B5: 0.7mg (6.99%), Vitamin A: 298.4IU (5.97%), Vitamin B12: 0.12µg (2.08%)