



Spicy Chipotle Chili Bake

 Gluten Free

READY IN



32 min.

SERVINGS



32

CALORIES



66 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz kidney beans rinsed canned
- 8 oz tomato sauce canned
- 6 oz take spicy chipotle cheddar recipe cheese breadcrumb mix mixed fresh
- 1.5 lb ground beef lean
- 1 cup salsa

Equipment

- frying pan
- oven

Directions

- Heat oven to 375F.
- Brown meat in large skillet; drain. Return meat to skillet; stir in beans, tomato sauce and salsa.
- Add 3/4 cup cheese mixture; mix well.
- Spoon into 6 (1-1/2-cup) ovenproof shallow baking dishes sprayed with cooking spray; top with remaining cheese mixture.
- Bake 10 to 12 min. or until heated through.

Nutrition Facts

PROTEIN 40.87% **FAT 40.64%** **CARBS 18.49%**

Properties

Glycemic Index:3.88, Glycemic Load:0.82, Inflammation Score:-1, Nutrition Score:3.9230434492878%

Nutrients (% of daily need)

Calories: 65.64kcal (3.28%), Fat: 2.95g (4.55%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.07g (0.75%), Sugar: 0.83g (0.92%), Cholesterol: 18.5mg (6.17%), Sodium: 169.71mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.37%), Zinc: 1.39mg (9.28%), Vitamin B12: 0.53µg (8.88%), Phosphorus: 85.04mg (8.5%), Selenium: 5.47µg (7.81%), Vitamin B3: 1.4mg (6.99%), Vitamin B6: 0.12mg (5.94%), Calcium: 46.62mg (4.66%), Potassium: 154.22mg (4.41%), Iron: 0.78mg (4.35%), Vitamin B2: 0.07mg (4.34%), Fiber: 0.96g (3.83%), Magnesium: 12.38mg (3.1%), Manganese: 0.06mg (2.9%), Copper: 0.05mg (2.55%), Vitamin A: 122.95IU (2.46%), Vitamin B5: 0.21mg (2.14%), Vitamin E: 0.3mg (2.02%), Vitamin B1: 0.03mg (1.93%), Folate: 6.6µg (1.65%), Vitamin K: 1.28µg (1.22%)