



WHATSheATE



Ultimate Chili Casserole

READY IN



80 min.

SERVINGS



6

CALORIES



491 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 21 ounce chili without beans canned
- ☐ 24 ounce curd cottage cheese cream-style drained
- ☐ 12 egg roll wrappers
- ☐ 2 large eggs
- ☐ 1 garlic clove minced
- ☐ 1 small onion chopped
- ☐ 16 ounce salsa
- ☐ 6 ounces sharp cheddar cheese shredded divided
- ☐ 1 tablespoon vegetable oil

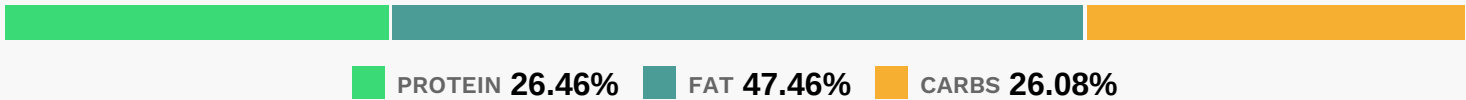
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Saut onion and garlic in hot oil in a large skillet over medium-high heat until tender. Stir in chili and salsa; cook until thoroughly heated. Spoon half of mixture into a lightly greased 13- x 9- inch baking dish.
- ☐ Stir together eggs, cottage cheese, and 1 cup Cheddar cheese. Spoon about 1/4 cup mixture evenly on 1 side of each egg roll wrapper, and roll up.
- ☐ Place, seam side down, in baking dish.
- ☐ Spoon remaining chili mixture evenly over top, spreading to completely cover wrappers.
- ☐ Bake, covered, at 350 for 45 minutes. Uncover and sprinkle with remaining 1/2 cup Cheddar cheese; bake 5 more minutes or until cheese is melted.
- ☐ Let stand 5 minutes.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.51, Inflammation Score:-7, Nutrition Score:20.461304457291%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 490.75kcal (24.54%), Fat: 25.96g (39.94%), Saturated Fat: 10.59g (66.21%), Carbohydrates: 32.1g (10.7%), Net Carbohydrates: 29.57g (10.75%), Sugar: 7.65g (8.5%), Cholesterol: 132.8mg (44.27%), Sodium: 1619.28mg (70.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.56g (65.12%), Selenium: 38.73µg (55.33%), Phosphorus: 468.95mg (46.89%), Calcium: 370.63mg (37.06%), Vitamin B2: 0.62mg (36.61%), Vitamin B12: 1.95µg (32.56%), Manganese: 0.56mg (27.92%), Zinc: 3.18mg (21.21%), Iron: 3.64mg (20.2%), Vitamin B6: 0.39mg (19.46%),

Vitamin B3: 3.64mg (18.22%), Vitamin A: 899.61IU (17.99%), Copper: 0.33mg (16.71%), Potassium: 581.73mg (16.62%), Vitamin B1: 0.24mg (16.27%), Folate: 62.95µg (15.74%), Vitamin E: 2.17mg (14.49%), Magnesium: 56.4mg (14.1%), Vitamin B5: 1.34mg (13.37%), Fiber: 2.53g (10.13%), Vitamin K: 10.31µg (9.82%), Vitamin C: 4.24mg (5.14%), Vitamin D: 0.72µg (4.77%)