

# Zippy Beef Bake

 Vegetarian  Gluten Free

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**459 kcal**

SIDE DISH

## Ingredients

- 1 tablespoon butter
- 1.5 teaspoons chili powder
- 1.5 cups rice cooked
- 1.5 cups rice cooked
- 1.5 cups rice cooked
- 0.3 pound mushrooms fresh sliced
- 0.3 pound mushrooms fresh sliced
- 0.1 teaspoon garlic powder

- 4 ounces to 2 chilies slit green chopped canned
- 2 tablespoons spring onion sliced
- 4 ounces monterrey jack cheese shredded divided
- 1 teaspoon salt
- 0.5 cup cream sour
- 2 medium zucchini thinly sliced

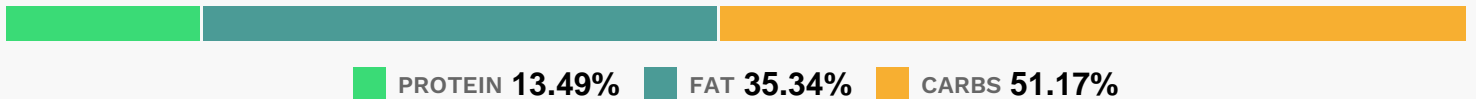
## Equipment

- frying pan
- oven
- baking pan

## Directions

- In a large skillet, cook beef over medium heat until no longer pink; drain.
- Add the butter, zucchini, mushrooms and onions; cook and stir until vegetables are tender.
- Drain. Stir in the chili powder, salt and garlic powder.
- Add the rice, chilies, sour cream and half of the cheese.
- Transfer to a greased 2-qt. baking dish; sprinkle with remaining cheese.
- Bake, uncovered, at 350° for 20-22 minutes or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:130, Glycemic Load:54.63, Inflammation Score:-7, Nutrition Score:18.076521857925%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## Nutrients (% of daily need)

Calories: 459.01kcal (22.95%), Fat: 18.12g (27.88%), Saturated Fat: 10.38g (64.9%), Carbohydrates: 59.05g (19.68%), Net Carbohydrates: 55.51g (20.18%), Sugar: 5.86g (6.51%), Cholesterol: 49.72mg (16.57%), Sodium: 902.58mg (39.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.14%), Manganese: 1.07mg (53.27%), Selenium: 24.2µg (34.58%), Phosphorus: 314.74mg (31.47%), Vitamin B2: 0.51mg (30.16%), Calcium: 281.59mg (28.16%), Vitamin C: 22.96mg (27.83%), Vitamin B6: 0.44mg (21.87%), Vitamin B5: 1.91mg (19.12%), Copper: 0.38mg (19%), Vitamin A: 932.87IU (18.66%), Vitamin B3: 3.36mg (16.79%), Potassium: 582.18mg (16.63%), Zinc: 2.48mg (16.51%), Fiber: 3.54g (14.16%), Magnesium: 56.48mg (14.12%), Vitamin K: 12.6µg (12%), Folate: 47.6µg (11.9%), Vitamin B1: 0.14mg (9.31%), Iron: 1.41mg (7.84%), Vitamin B12: 0.32µg (5.41%), Vitamin E: 0.76mg (5.08%), Vitamin D: 0.28µg (1.89%)