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## Refried Bean Mexican Casserole

A delicious Mexican casserole made with refried beans, cheese, and spices. This dish is a crowd-pleaser and perfect for a family dinner or potluck. It can be served as a main course or as a side dish.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 8

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	Refried Beans
<b>200 g</b>	shredded cheese
<b>200 g</b>	tortilla chips
<b>100 g</b>	salsa
<b>100 g</b>	sour cream

50 g	Green Onions
50 g	Black Olives
25 g	Jalapenos

## Directions

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### Step 1

Oven

Preheat the oven to 350°F (175°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

In a baking dish, spread a layer of refried beans.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Sprinkle shredded cheese over the beans.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Crush tortilla chips and sprinkle them over the cheese.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 5

Pour salsa evenly over the tortilla chips.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

Oven

Bake in the preheated oven for 25-30 minutes, or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 7

Remove from the oven and let it cool for a few minutes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Garnish with sour cream, green onions, black olives, and jalapenos.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 9

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 30 g

## Nutrition Facts

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**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	5 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Cuisines

Mexican

Italian

### Kitchen Tools

Slow Cooker

Blender

## Events

Picnic

## Course

Snacks

Breads

Salads

Soups

Appetizers

Main Dishes

Side Dishes

Desserts

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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