

**All Recipes** 

Al Recipe Builder

**Similar Recipes** 

# 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**

500 g	Refried Beans
200 g	shredded cheese
200 g	tortilla chips
100 g	salsa
100 g	sour cream

50 g	Green Onions
50 g	Black Olives
25 g	Jalapenos

# **Directions**

#### Step 1



Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

# Step 2

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

Prep Time: 5 mins

Cook Time: 0 mins

#### Step 3

Sprinkle shredded cheese over the beans.

Prep Time: 2 mins

Cook Time: 0 mins

#### Step 4

Crush tortilla chips and sprinkle them over the cheese.

Prep Time: 3 mins

Cook Time: 0 mins

# Step 5

Pour salsa evenly over the tortilla chips.

Prep Time: 2 mins

Cook Time: 0 mins

#### Step 6



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

#### Step 7

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

Prep Time: 0 mins

Cook Time: 0 mins

#### 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**

Calories: 300 kcal

**Fat:** 15 g

Protein: 10 g

Carbohydrates: 30 g

# **Nutrition Facts**

#### **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%

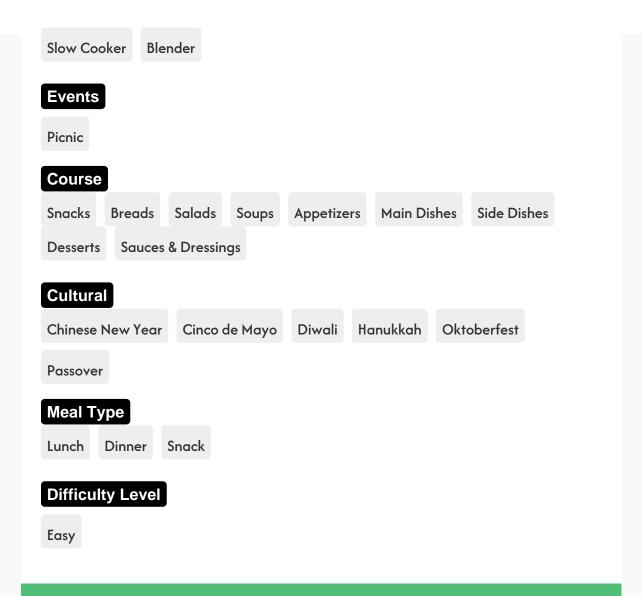
# **Recipe Attributes**

Cuisines

Mexican

Italian

Kitchen Tools



Visit our website: healthdor.com