

Mexican Beef & Corn Casserole II

www.BaestMealsAtHome.com

Servings: 6

2 tablespoons margarine, divided

1 pound ground beef

*1/3 cup chopped fresh cilantro
(optional)*

*1 can (11 ounce) Mexican corn,
drained*

1/2 cup salsa

2/3 cup sour cream

1/4 cup cheddar cheese, shredded

*1 can (15.5 ounce) black beans,
drained*

Preparation Time: 10 minutes

Cook Time: 25 minutes

Preheat the oven to 400 degrees.

In a large nonstick skillet over medium-high heat, melt a tablespoon of the margarine. Add the ground beef. Cook for 5 minutes, stirring often, until the beef is thoroughly cooked. Remove from the heat.

Stir in the cilantro.

In an eight-inch baking dish, combine the corn, black beans and remaining margarine. Top with the beef mixture. Spread with the salsa and sour cream. Sprinkle with cheese.

Bake for 20 minutes or until heated through and the cheese is melted.

Per Serving (excluding unknown items): 458 Calories; 31g Fat (61.2% calories from fat); 22g Protein; 23g Carbohydrate; 5g Dietary Fiber; 81mg Cholesterol; 234mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 Fat.

Beef, Mexican

Per Serving Nutritional Analysis

Calories (kcal):	458	Vitamin B6 (mg):	.3mg
% Calories from Fat:	61.2%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	19.8%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	19.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	31g	Folacin (mcg):	156mcg
Saturated Fat (g):	13g	Niacin (mg):	4mg

Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	81mg
Carbohydrate (g):	23g
Dietary Fiber (g):	5g
Protein (g):	22g
Sodium (mg):	234mg
Potassium (mg):	741mg
Calcium (mg):	117mg
Iron (mg):	3mg
Zinc (mg):	4mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	553IU
Vitamin A (r.e.):	126RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	5
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 458	Calories from Fat: 280
---------------------	------------------------

% Daily Values*

Total Fat 31g	48%
Saturated Fat 13g	66%
Cholesterol 81mg	27%
Sodium 234mg	10%
Total Carbohydrates 23g	8%
Dietary Fiber 5g	21%
Protein 22g	
<hr/>	
Vitamin A	11%
Vitamin C	5%
Calcium	12%
Iron	18%

* Percent Daily Values are based on a 2000 calorie diet.