

Mexican Beef & Corn Casserole

Walmart Ad

Servings: 6

4 tablespoons butter or margarine,
divided
1 pound ground beef
1/3 cup chopped fresh cilantro
(optional)
1 can (11 ounce) Mexican-style corn,
drained
1 can (15.5 ounce) black beans,
drained
1/2 cup salsa
2/3 cup sour cream
1/4 cup Cheddar cheese, shredded

Cook Time: 25 minutes

Preheat the oven to 400 degrees.

In a large nonstick skillet over medium-high heat, melt two tablespoons of the butter. Add the ground beef and cook for 5 minutes, stirring often, until the beef is thoroughly cooked. Remove from the heat and stir in the cilantro.

Combine the corn, black beans and remaining butter in an eight-inch baking dish. 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): 492 Calories; 35g Fat (64.0% calories from fat); 22g Protein; 23g Carbohydrate; 5g Dietary Fiber; 101mg Cholesterol; 268mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 6 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	492	Vitamin B6 (mg):	.3mg
% Calories from Fat:	64.0%	Vitamin B12 (mcg):	2.1mcg
% Calories from Carbohydrates:	18.3%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	17.7%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	35g	Folacin (mcg):	156mcg
Saturated Fat (g):	17g	Niacin (mg):	4mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	101mg	% Refuse:	0.0%

Carbohydrate (g):	23g
Dietary Fiber (g):	5g
Protein (g):	22g
Sodium (mg):	268mg
Potassium (mg):	742mg
Calcium (mg):	118mg
Iron (mg):	3mg
Zinc (mg):	4mg
Vitamin C (mg):	3mg
Vitamin A (i.u.):	674IU
Vitamin A (r.e.):	160RE

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	2 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	6
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 492 Calories from Fat: 315

% Daily Values*

Total Fat 35g	54%
Saturated Fat 17g	87%
Cholesterol 101mg	34%
Sodium 268mg	11%
Total Carbohydrates 23g	8%
Dietary Fiber 5g	21%
Protein 22g	
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Vitamin A	13%
Vitamin C	5%
Calcium	12%
Iron	18%

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