



Anasazi Enchiladas

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups canned tomatoes diced organic undrained (from 28-oz can)
- 0.5 cup onion chopped
- 1 clove garlic finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 teaspoons honey
- 0.1 teaspoon pepper red crushed
- 2 cups pinto beans dried rinsed cooked drained
- 1 cup part-skim ricotta reduced-fat

- 0.5 cup bell pepper green chopped
- 1 teaspoon ground cumin
- 6 8-inch flour tortilla ()
- 1 oz cheddar cheese shredded
- 1 oz monterrey jack cheese shredded

Equipment

- food processor
- sauce pan
- oven
- blender
- baking pan
- glass baking pan

Directions

- Heat oven to 375°F. Grease 11x7-inch (2-quart) glass baking dish. In blender or food processor, place tomatoes, onion and garlic. Cover; blend on high speed about 1 minute until smooth.
- In 2-quart saucepan, place tomato mixture, 2 tablespoons of the cilantro, the honey and red pepper. Cook uncovered over medium heat 3 minutes, stirring occasionally.
- Stir together beans, ricotta cheese, bell pepper, cumin and remaining cilantro.
- Spread 1/2 cup of the tomato sauce in baking dish. Spoon 1/2 cup of the bean mixture on 1 side of each tortilla.
- Roll tortillas around bean mixture.
- Place tortillas, seam sides down, on tomato sauce in baking dish. Spoon remaining tomato sauce over top; sprinkle with cheeses.
- Bake uncovered 20 to 25 minutes or until tomato sauce is bubbly and cheese is melted.

Nutrition Facts



■ PROTEIN 18.86% ■ FAT 26.19% ■ CARBS 54.95%

Properties

Glycemic Index:50.96, Glycemic Load:13.33, Inflammation Score:-7, Nutrition Score:20.114347836246%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 374.5kcal (18.73%), Fat: 11.1g (17.08%), Saturated Fat: 5.46g (34.15%), Carbohydrates: 52.39g (17.46%), Net Carbohydrates: 43.43g (15.79%), Sugar: 8.6g (9.56%), Cholesterol: 21.74mg (7.25%), Sodium: 595.96mg (25.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.96%), Folate: 167.98µg (41.99%), Manganese: 0.72mg (36.01%), Fiber: 8.97g (35.88%), Selenium: 24.5µg (35.01%), Phosphorus: 342.24mg (34.22%), Calcium: 318.23mg (31.82%), Vitamin B1: 0.45mg (30.31%), Iron: 4.64mg (25.8%), Vitamin C: 19.22mg (23.3%), Vitamin B2: 0.35mg (20.47%), Potassium: 662.42mg (18.93%), Copper: 0.36mg (18.16%), Vitamin B3: 3.57mg (17.85%), Vitamin B6: 0.35mg (17.54%), Magnesium: 68.81mg (17.2%), Zinc: 1.99mg (13.24%), Vitamin K: 13.57µg (12.93%), Vitamin E: 1.71mg (11.42%), Vitamin A: 523.66IU (10.47%), Vitamin B5: 0.59mg (5.94%), Vitamin B12: 0.21µg (3.49%)