

 76%
HEALTH SCORE

Ancho-Beef Enchiladas

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



2962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 ounce ancho chiles whole
- ☐ 64 2-inch flour tortillas fat-free
- ☐ 1 clove garlic minced
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 pound ground round
- ☐ 4 ounces cheddar cheese shredded reduced-fat
- ☐ 1 cup onion chopped

- ☐ 1 teaspoon oregano dried
- ☐ 1 cup no-salt-added pinto beans canned drained
- ☐ 1 cup bell pepper sweet red chopped
- ☐ 4 cups romaine lettuce shredded
- ☐ 0.1 teaspoon salt
- ☐ 1 cup tomatoes chopped
- ☐ 0.5 cup no-salt-added tomato sauce
- ☐ 1 teaspoon vegetable oil
- ☐ 1.5 cups water boiling

Equipment

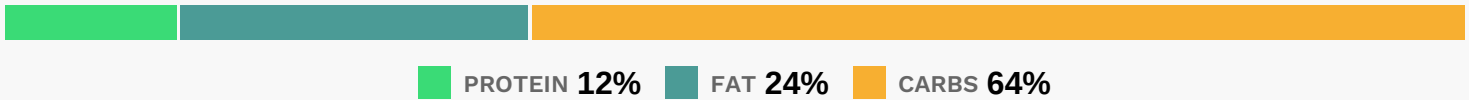
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Place chiles on an ungreased baking sheet.
- ☐ Bake at 400 for 3 minutes.
- ☐ Cut chiles in half lengthwise; remove and discard seeds and membranes. Tear chiles into 2-inch pieces.
- ☐ Combine chile pieces and boiling water in a bowl; cover and let stand 45 minutes.
- ☐ Place chiles and water in container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- ☐ Transfer mixture to a saucepan.

- ☐ Add tomato sauce and next 5 ingredients. Bring to a boil; reduce heat, and simmer,uncovered, 10 minutes, stirring often. Spoon 1/2 cup tomato mixture into a 13- x 9- x 2-inchbaking dish coated with cooking spray. Set remaining tomato mixture aside.
- ☐ Combine meat and next 3 ingredients in a nonstick skillet; cook over medium heat until meat is browned, stirring until it crumbles.
- ☐ Drain if necessary.
- ☐ Add 1/2 cup tomato mixture and beans; stir well.
- ☐ Spoon about 1/3 cup meat mixture across center of each tortilla.
- ☐ Roll up tortillas; place, seam side down, over tomato mixture in baking dish.
- ☐ Brush remaining tomato mixture over tortillas. Cover and bake at 350 for 20 minutes. Uncover and sprinkle with cheese; bake 3 to 5 additional minutes or until cheese melts.
- ☐ To serve, place 1/2 cup lettuce and 1 enchilada on each plate. Top each with 2 tablespoons tomato and, if desired, sour cream.

Nutrition Facts



Properties

Glycemic Index:33.69, Glycemic Load:144.4, Inflammation Score:-10, Nutrition Score:67.019130469664%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 2961.79kcal (148.09%), Fat: 78.29g (120.44%), Saturated Fat: 28.64g (179.03%), Carbohydrates: 469.73g (156.58%), Net Carbohydrates: 431.02g (156.73%), Sugar: 41.32g (45.91%), Cholesterol: 21.4mg (7.13%), Sodium: 6943.62mg (301.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 88.11g (176.23%), Vitamin B1: 4.7mg (313.4%), Selenium: 212.32µg (303.31%), Manganese: 4.85mg (242.47%), Folate: 951.87µg (237.97%), Vitamin B3: 43.31mg (216.56%), Phosphorus: 2076.83mg (207.68%), Iron: 35.63mg (197.95%), Vitamin B2: 2.84mg (167.19%), Fiber: 38.72g (154.86%), Calcium: 1434.57mg (143.46%), Vitamin A: 5703.09IU (114.06%), Vitamin K: 107.82µg (102.69%), Magnesium: 242.35mg (60.59%), Copper: 1.11mg (55.35%), Potassium: 1758.42mg (50.24%), Zinc: 7mg (46.65%), Vitamin B6: 0.93mg (46.34%), Vitamin C: 33.76mg (40.92%), Vitamin B5: 2.03mg (20.27%), Vitamin B12:

0.7µg (11.6%), Vitamin E: 1.38mg (9.2%)