

Bean enchiladas



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp olive oil
- ☐ 2 onions chopped
- ☐ 280 g carrots grated
- ☐ 2 tsp chilli powder hot (mild or , according to your taste)
- ☐ 800 g tomatoes chopped canned
- ☐ 800 g pulses in water mixed drained canned (we used beans and lentils)
- ☐ 6 small wholemeal tortillas
- ☐ 200 g natural yogurt low-fat

☐ 50 g extra-mature cheddar cheese finely grated (or veg alternative)

Equipment

☐ frying pan

☐ grill

Directions

☐ Heat the oil in a large frying pan. Cook the onions and carrots for 5–8 mins until soft add a splash of water if they start to stick.

☐ Sprinkle in the chilli powder and cook for 1 min more.

☐ Pour in the tomatoes and pulses and bring to the boil. Turn down the heat and simmer for 5–10 mins, stirring occasionally, until thickened.

☐ Remove from the heat and season well.

☐ Heat grill to high.

☐ Spread a spoonful of the bean chilli over a large ovenproof dish.

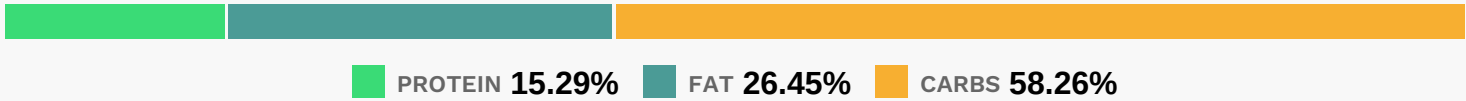
☐ Lay each tortilla onto a board, fill with a few tbsp of chilli mixture, fold over the ends and roll up to seal.

☐ Place them into the ovenproof dish. Spoon the remaining chilli on top.

☐ Mix the yogurt and grated cheese together with some seasoning, and spoon over the enchiladas. Grill for a few mins until the top is golden and bubbling.

☐ Serve with a green salad.

Nutrition Facts



Properties

Glycemic Index:43.21, Glycemic Load:14.56, Inflammation Score:-10, Nutrition Score:27.232608670774%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg, Quercetin: 11.31mg

Nutrients (% of daily need)

Calories: 348.65kcal (17.43%), Fat: 10.72g (16.49%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 53.15g (17.72%), Net Carbohydrates: 44.41g (16.15%), Sugar: 19.78g (21.98%), Cholesterol: 15.5mg (5.17%), Sodium: 794.61mg (34.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.89%), Vitamin A: 12676.33IU (253.53%), Manganese: 0.79mg (39.28%), Calcium: 359.79mg (35.98%), Fiber: 8.74g (34.96%), Phosphorus: 330.45mg (33.04%), Vitamin C: 27.01mg (32.74%), Vitamin B1: 0.48mg (31.79%), Potassium: 1099.51mg (31.41%), Vitamin B6: 0.55mg (27.53%), Vitamin B2: 0.46mg (27.13%), Vitamin B3: 5.41mg (27.02%), Iron: 4.86mg (26.99%), Copper: 0.52mg (26.09%), Folate: 100.55µg (25.14%), Vitamin E: 3.76mg (25.06%), Vitamin K: 25.8µg (24.58%), Selenium: 17.04µg (24.35%), Magnesium: 79.69mg (19.92%), Zinc: 2.02mg (13.48%), Vitamin B5: 1.25mg (12.48%), Vitamin B12: 0.41µg (6.88%)