



Bean Enchiladas with Fresh Tomato Salsa



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounce pinto beans drained canned
- ☐ 1 teaspoon chili powder
- ☐ 1 cup whole-kernel corn frozen thawed
- ☐ 8 6-inch corn tortillas ()
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup nonfat cream sour

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 4 servings tomato salsa fresh
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup vegetable broth canned

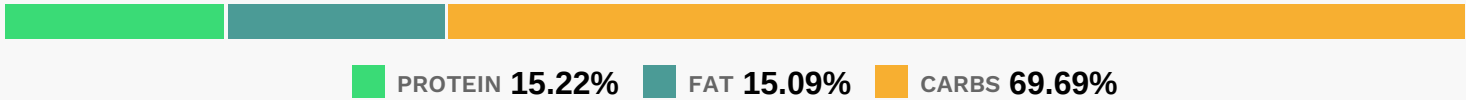
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion and garlic; saut 3 minutes.
- ☐ Add cumin and chili powder; saut 1 minute. Stir in corn and the next 5 ingredients (corn through beans). Partially cover, and cook 10 minutes or until most of liquid evaporates.
- ☐ Remove from heat; mash beans.
- ☐ Warm tortillas according to package directions. Spoon about 1/3 cup bean mixture down center of each tortilla; roll up.
- ☐ Place enchiladas in a 13 x 9-inch baking dish coated with cooking spray. Spoon Fresh Tomato Salsa over enchiladas; cover and bake at 350 for 20 minutes or until thoroughly heated.
- ☐ Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:66.63, Glycemic Load:22.08, Inflammation Score:-8, Nutrition Score:19.490869864174%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 401.99kcal (20.1%), Fat: 7.05g (10.85%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 73.26g (24.42%), Net Carbohydrates: 57.18g (20.79%), Sugar: 7.89g (8.76%), Cholesterol: 1.29mg (0.43%), Sodium: 1146.87mg (49.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.99%), Fiber: 16.08g (64.33%), Manganese: 1.1mg (54.87%), Phosphorus: 433.97mg (43.4%), Magnesium: 131.17mg (32.79%), Potassium: 966.46mg (27.61%), Iron: 4.79mg (26.62%), Copper: 0.52mg (25.87%), Vitamin B6: 0.45mg (22.26%), Folate: 83.12µg (20.78%), Calcium: 197.01mg (19.7%), Vitamin E: 2.59mg (17.3%), Zinc: 2.36mg (15.74%), Vitamin B1: 0.23mg (15.1%), Vitamin B3: 2.31mg (11.57%), Vitamin K: 10µg (9.52%), Vitamin B2: 0.16mg (9.33%), Vitamin A: 448.5IU (8.97%), Vitamin C: 6.64mg (8.04%), Selenium: 5.12µg (7.32%), Vitamin B5: 0.64mg (6.45%)