



Bean Potato Enchiladas

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



15

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 medium baking potatoes cubed peeled
- 15 ounce pinto beans rinsed drained canned
- 24 6-inch corn tortillas ()
- 10 ounce enchilada sauce canned
- 3 tablespoons milk
- 8 ounces monterrey jack cheese thinly sliced
- 2 tablespoons olive oil
- 1 medium onion chopped

- 0.3 cup salsa
- 0.5 cup cheddar cheese shredded
- 1.3 ounce taco seasoning

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- hand mixer

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Grease a 9x13 inch baking dish with vegetable oil spray.
- Place potato cubes into a saucepan of lightly salted water. Bring to a boil, then cook for 15 minutes, or until tender.
- Drain potatoes, and return them to the pan.
- Pour in olive oil and milk; whip potatoes until smooth using a hand mixer. Once the potatoes are smooth, use a spoon to stir in the pinto beans, onion, and taco seasoning mix.
- Place a small skillet over medium heat, and coat with oil or cooking spray. One at a time, heat tortillas until pliable.
- Place a heaping spoonful of the potato and bean mixture onto each tortilla, then place a slice of Monterey Jack cheese over the bean mixture.
- Roll up tortillas and place them seam side down in the prepared baking dish. Spoon enchilada sauce and salsa over the rolled tortillas.
- Bake for 20 minutes, uncovered, in the preheated oven.
- Remove from the oven, and sprinkle Cheddar cheese over the top. Return to the oven for 10 minutes, or until cheese is melted and bubbly.

Nutrition Facts



■ PROTEIN 15.11% ■ FAT 33.23% ■ CARBS 51.66%

Properties

Glycemic Index:19.95, Glycemic Load:13.69, Inflammation Score:-5, Nutrition Score:8.7900000033171%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 242.63kcal (12.13%), Fat: 9.21g (14.17%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 26.94g (9.8%), Sugar: 3.24g (3.6%), Cholesterol: 17.58mg (5.86%), Sodium: 595.83mg (25.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Phosphorus: 263.25mg (26.33%), Fiber: 5.26g (21.05%), Calcium: 196.74mg (19.67%), Manganese: 0.29mg (14.34%), Magnesium: 52.68mg (13.17%), Vitamin B6: 0.24mg (12.14%), Vitamin A: 528.62IU (10.57%), Zinc: 1.41mg (9.41%), Potassium: 315.6mg (9.02%), Iron: 1.6mg (8.91%), Selenium: 6.04µg (8.63%), Copper: 0.15mg (7.55%), Vitamin B2: 0.12mg (7.3%), Vitamin B1: 0.09mg (5.8%), Vitamin B3: 1.07mg (5.35%), Vitamin C: 3.88mg (4.71%), Vitamin E: 0.67mg (4.49%), Folate: 17.94µg (4.48%), Vitamin B12: 0.18µg (3.03%), Vitamin K: 2.92µg (2.78%), Vitamin B5: 0.25mg (2.46%)