



Beef and Green Chile Enchiladas

READY IN



65 min.

SERVINGS



6

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped (1 medium)
- 1 cup corn frozen
- 0.5 cup cream sour
- 4 oz chilis green chopped canned
- 2 cups monterrey jack cheese shredded
- 10 oz enchilada sauce red canned
- 6 8-inch flour tortilla ()
- 1 serving lettuce shredded sour chopped

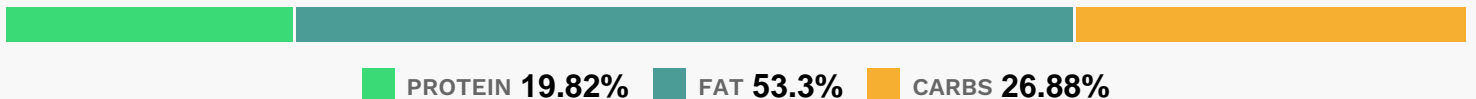
Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. In 10-inch nonstick skillet, cook ground beef and onion over medium-high heat until beef is thoroughly cooked, stirring frequently.
- Drain.
- Add corn; cook and stir about 3 minutes or until corn is thawed. Stir in sour cream, green chiles and 1 cup of the cheese.
- Spread about 1/4 cup of the enchilada sauce in 13x9-inch (3-quart) glass baking dish.
- Spread about 2 teaspoons enchilada sauce on each tortilla. Top each with 2/3 cup beef mixture.
- Roll up tortillas; place seam side down over enchilada sauce in baking dish.
- Drizzle remaining enchilada sauce evenly over filled tortillas.
- Sprinkle with remaining 1 cup cheese. Spray sheet of foil with cooking spray; place sprayed side down on baking dish and seal tightly.
- Bake at 350°F. for 45 to 50 minutes or until thoroughly heated.
- Serve garnished with lettuce, tomato and additional sour cream.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:8.39, Inflammation Score:-7, Nutrition Score:19.876086908838%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 583.76kcal (29.19%), Fat: 34.63g (53.27%), Saturated Fat: 16.47g (102.92%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 35.21g (12.8%), Sugar: 6.74g (7.49%), Cholesterol: 98.51mg (32.84%), Sodium: 1146.03mg (49.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.93%), Phosphorus: 439.15mg (43.91%), Selenium: 29.24µg (41.77%), Calcium: 402.06mg (40.21%), Vitamin B12: 1.97µg (32.84%), Zinc: 4.88mg (32.52%), Vitamin B3: 6.12mg (30.59%), Vitamin B2: 0.47mg (27.76%), Iron: 4.41mg (24.52%), Vitamin B1: 0.34mg (22.73%), Folate: 89.2µg (22.3%), Vitamin B6: 0.41mg (20.3%), Manganese: 0.34mg (17.25%), Vitamin A: 823.86IU (16.48%), Fiber: 4.08g (16.34%), Vitamin C: 10.96mg (13.29%), Potassium: 464.92mg (13.28%), Magnesium: 48.09mg (12.02%), Vitamin K: 9.89µg (9.42%), Vitamin B5: 0.73mg (7.33%), Copper: 0.14mg (6.88%), Vitamin E: 0.51mg (3.4%), Vitamin D: 0.3µg (2.01%)