

Beef Enchiladas I

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup olives black drained chopped
- 2 teaspoons chili powder
- 12 ounce corn tortillas
- 1 teaspoon garlic minced
- 14 ounce chile peppers diced green canned
- 0.3 cup green onion chopped
- 1 cup onion chopped
- 0.5 cup salsa fresh

- 2 cups cheddar cheese shredded
- 1 pound rump steak cut into bite size strips
- 0.5 cup cup heavy whipping cream sour
- 4 cups tomato sauce divided

Equipment

- frying pan
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large casserole dish.
- In a skillet over medium heat, saute onions until almost translucent. Stir in beef, garlic, and chile peppers, and continue cooking until the meat is no longer pink.
- Pour in the tomato sauce and chili powder.
- Mix thoroughly and heat through.
- Remove from heat.
- Spoon a little of the meat mixture into a corn tortilla and add small amounts of salsa, Cheddar cheese and olives. Fold the tortilla up and place in the prepared casserole dish. Repeat for the remaining tortillas using up all of the meat mixture. Reserve 1/2 cup of Cheddar cheese for topping.
- Pour the other half of the tomato sauce and sour cream over all of the tortillas. Top with green onions and 1/2 cup of reserved Cheddar cheese.
- Bake 30 minutes in the preheated oven, or until hot and bubbly.

Nutrition Facts

 **PROTEIN 21.1%**  **FAT 49.28%**  **CARBS 29.62%**

Properties

Glycemic Index:35.25, Glycemic Load:14.7, Inflammation Score:-9, Nutrition Score:28.485651959544%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 581.98kcal (29.1%), Fat: 32.77g (50.42%), Saturated Fat: 14.43g (90.19%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 35.38g (12.87%), Sugar: 9.32g (10.36%), Cholesterol: 91.31mg (30.44%), Sodium: 1773.79mg (77.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.58g (63.16%), Phosphorus: 568.2mg (56.82%), Vitamin C: 37.82mg (45.84%), Vitamin B12: 2.54µg (42.35%), Selenium: 29.2µg (41.71%), Calcium: 410.88mg (41.09%), Vitamin B6: 0.78mg (39.18%), Fiber: 8.93g (35.73%), Zinc: 5.24mg (34.92%), Vitamin A: 1712.5IU (34.25%), Potassium: 1084.13mg (30.98%), Vitamin B2: 0.52mg (30.81%), Vitamin B3: 6.09mg (30.45%), Iron: 5.17mg (28.75%), Vitamin E: 4.06mg (27.09%), Magnesium: 105.18mg (26.29%), Manganese: 0.46mg (23.14%), Copper: 0.41mg (20.41%), Folate: 77.05µg (19.26%), Vitamin K: 19.23µg (18.32%), Vitamin B1: 0.22mg (14.57%), Vitamin B5: 1.17mg (11.7%), Vitamin D: 0.23µg (1.51%)