

**9%**  
HEALTH SCORE

## Beef Enchiladas II

READY IN

**45 min.**

SERVINGS

**10**

CALORIES

**382 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.3 ounce olives black drained sliced canned
- 1.5 ounce enchilada sauce dry
- 10 10-inch flour tortilla ()
- 1 pound ground beef lean
- 1 small onion chopped
- 2 cups cheddar cheese shredded

### Equipment

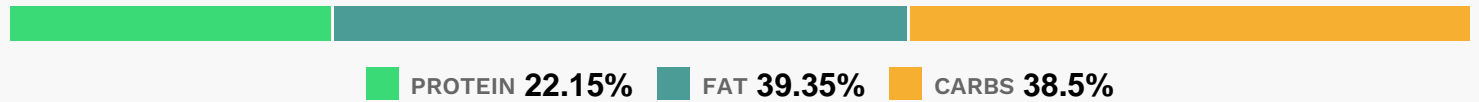
- frying pan

- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). In a medium skillet over medium high heat, cook the ground beef and onion until beef is evenly browned and onion is tender.
- Prepare the enchilada sauce according to package directions.
- Pour 1/4 cup of the sauce into the bottom of a 9x13 inch baking dish.
- On each flour tortilla, place an equal portion of the ground beef mixture and about 1 ounce of Cheddar cheese, reserving at least 1/2 cup of cheese. Then tightly roll the tortillas and place seam side down in the baking dish.
- Pour the remaining sauce over the top of the enchiladas and sprinkle with the remaining cheese and olives.
- Bake in a preheated oven for 20 minutes, or until the sauce is bubbly and cheese is thoroughly melted.

## Nutrition Facts



## Properties

Glycemic Index:8.8, Glycemic Load:11.22, Inflammation Score:-5, Nutrition Score:15.173478282016%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 382.3kcal (19.12%), Fat: 16.53g (25.43%), Saturated Fat: 7.54g (47.1%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 33.53g (12.19%), Sugar: 3.29g (3.65%), Cholesterol: 50.72mg (16.91%), Sodium: 829.6mg (36.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.93g (41.86%), Selenium: 29.99µg (42.84%), Phosphorus: 339.8mg (33.98%), Vitamin B3: 5.62mg (28.11%), Calcium: 270.99mg (27.1%), Vitamin B1: 0.38mg (25.45%), Zinc: 3.52mg (23.49%), Vitamin B2: 0.37mg (21.91%), Vitamin B12: 1.26µg (20.93%), Iron: 3.73mg (20.71%), Folate: 74.34µg (18.58%), Manganese: 0.36mg (18.08%), Vitamin B6: 0.25mg (12.25%), Fiber: 2.85g (11.41%), Magnesium: 32.88mg (8.22%), Potassium: 274.74mg (7.85%), Copper: 0.13mg (6.28%), Vitamin A: 280.02IU (5.6%), Vitamin K: 5.84µg

(5.56%), Vitamin B5: 0.51mg (5.09%), Vitamin E: 0.54mg (3.61%), Vitamin D: 0.18µg (1.21%)