



Beef Enchiladas OIÃ©

READY IN



26 min.

SERVINGS



6

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 8-inch flour tortillas ()
- 1 lb ground beef
- 8 oz mexican velveetaâ divided cut into 1/2-inch cubes,
- 1 cup taco bellâ® & chunky salsa thick divided

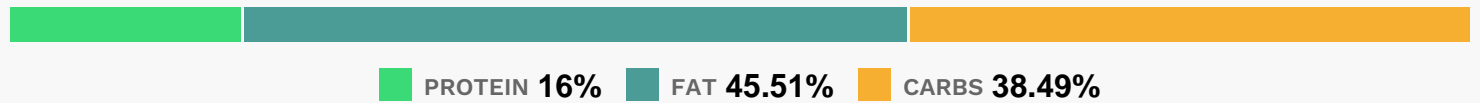
Equipment

- frying pan
- microwave

Directions

- Brown meat in large skillet; drain. Stir in half each of the Mexican VELVEETA and salsa; cook until VELVEETA is completely melted, stirring frequently.
- Spoon scant 1/4 cup meat mixture down center of each tortilla; roll up.
- Place, seam-sides down, in single layer in microwaveable dish. Top with remaining salsa and VELVEETA; cover with waxed paper.
- Microwave on HIGH 4 to 6 min. or until VELVEETA is melted.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:15.92, Inflammation Score:-6, Nutrition Score:19.348695734273%

Nutrients (% of daily need)

Calories: 583.99kcal (29.2%), Fat: 29.26g (45.02%), Saturated Fat: 8.79g (54.93%), Carbohydrates: 55.67g (18.56%), Net Carbohydrates: 51.32g (18.66%), Sugar: 6.62g (7.35%), Cholesterol: 73.71mg (24.57%), Sodium: 1241.75mg (53.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Selenium: 34.48µg (49.25%), Vitamin B3: 8.19mg (40.95%), Vitamin B1: 0.56mg (37.38%), Phosphorus: 343.43mg (34.34%), Iron: 5.35mg (29.73%), Manganese: 0.56mg (28.02%), Vitamin B12: 1.62µg (26.96%), Folate: 102.91µg (25.73%), Zinc: 3.79mg (25.25%), Vitamin B2: 0.41mg (24.32%), Calcium: 235.14mg (23.51%), Vitamin B6: 0.38mg (19.03%), Fiber: 4.35g (17.4%), Potassium: 443.42mg (12.67%), Magnesium: 41.79mg (10.45%), Vitamin K: 10.52µg (10.02%), Copper: 0.18mg (9.02%), Vitamin A: 378.1IU (7.56%), Vitamin B5: 0.63mg (6.34%), Vitamin E: 0.84mg (5.59%)