



Best Beef Enchiladas

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

527 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 4 ounce olives black drained sliced canned
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1.5 teaspoons chili powder
- ☐ 1 tablespoon parsley dried
- ☐ 2.5 cups enchilada sauce
- ☐ 8 flour tortillas
- ☐ 1 clove garlic minced
- ☐ 2 pounds ground beef
- ☐ 0.5 teaspoon ground pepper black

- ☐ 0.3 onion finely chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cheddar cheese shredded
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tablespoon taco seasoning

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cook and stir ground beef with onion in a skillet over medium heat until meat is crumbly and no longer pink, about 10 minutes.
- ☐ Drain grease. Stir 1 cup Cheddar cheese, sour cream, parsley, taco seasoning, oregano, and black pepper into the ground beef until cheese has melted.
- ☐ Mix in enchilada sauce, chili powder, garlic, and salt; bring to a simmer, reduce heat to low, and simmer until meat sauce is slightly thickened, about 5 minutes.
- ☐ Lay a tortilla onto a work surface and spoon about 1/4 cup of meat sauce down the center of the tortilla. Top meat sauce with 1 tablespoon black beans and a sprinkling of black olives.
- ☐ Roll the tortilla up, enclosing the filling, and lay seam-side down into a 9x13-inch baking dish. Repeat with remaining tortillas. Spoon any remaining meat sauce over the enchiladas and scatter any remaining black beans and black olives over the top.
- ☐ Sprinkle tortillas with 1/4 cup Cheddar cheese.
- ☐ Bake in the preheated oven until cheese topping is melted and enchiladas and sauce are bubbling, 20 to 22 minutes.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:4.83, Inflammation Score:-8, Nutrition Score:19.10565209907%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 526.91kcal (26.35%), Fat: 31.48g (48.42%), Saturated Fat: 12.05g (75.34%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 25.43g (9.25%), Sugar: 6.96g (7.73%), Cholesterol: 92.53mg (30.84%), Sodium: 1577.94mg (68.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.92g (55.84%), Vitamin B12: 2.49µg (41.57%), Selenium: 26.25µg (37.5%), Zinc: 5.42mg (36.12%), Phosphorus: 330.39mg (33.04%), Vitamin B3: 6.59mg (32.93%), Iron: 5.09mg (28.3%), Fiber: 6.92g (27.68%), Vitamin B6: 0.45mg (22.39%), Vitamin B2: 0.37mg (21.72%), Vitamin B1: 0.29mg (19.02%), Folate: 72.43µg (18.11%), Manganese: 0.36mg (17.79%), Vitamin A: 833.41IU (16.67%), Potassium: 559.42mg (15.98%), Calcium: 139.86mg (13.99%), Magnesium: 51.32mg (12.83%), Copper: 0.23mg (11.74%), Vitamin K: 10.27µg (9.78%), Vitamin E: 1.3mg (8.66%), Vitamin B5: 0.8mg (7.99%), Vitamin C: 3.9mg (4.72%)