



## Better-than-Ever Beef Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 6-inch corn tortillas ()
- 0.3 lb extra-lean ground beef
- 2 Tbsp cilantro leaves fresh chopped
- 0.5 cup pasilla peppers green red chopped
- 0.8 cup taco bellâ® & chunky salsa thick divided
- 0.5 cup milk sharp cheddar cheese shredded 2% divided kraft

### Equipment

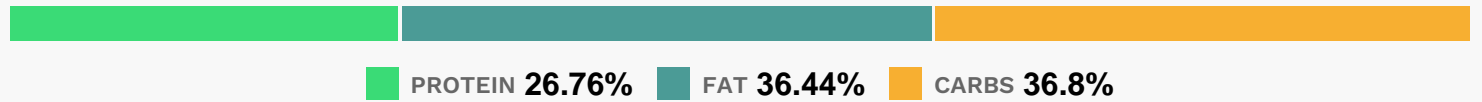
- frying pan

- oven
- baking pan
- microwave

## Directions

- Heat oven to 400F.
- Brown meat with peppers in large nonstick skillet. Stir in 1/4 cup salsa; simmer 5 min., stirring occasionally.
- Remove from heat; stir in 1/4 cup cheese.
- Spread 1/4 cup of the remaining salsa onto bottom of 9-inch square baking dish. Stack 4 tortillas; wrap in waxed paper. Microwave on HIGH 10 sec. or just until warmed. Spoon 1/3 cup meat mixture down center of each tortilla; roll up.
- Place, seam sides down, over salsa in dish. Repeat. Top with remaining salsa; cover.
- Bake 20 min. or until heated through. Top with remaining cheese; bake, uncovered, 2 to 3 min. or until melted.
- Sprinkle with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:2.66, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:0.84739130573428%

## Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 15.21kcal (0.76%), Fat: 0.63g (0.97%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.23g (0.25%), Cholesterol: 2.82mg (0.94%), Sodium: 39.4mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.04g (2.08%), Phosphorus: 19.72mg (1.97%), Vitamin C: 1.42mg (1.72%), Zinc: 0.22mg (1.44%), Selenium: 0.97µg (1.39%), Vitamin B6: 0.03mg (1.36%), Calcium: 12.37mg (1.24%), Vitamin B12: 0.07µg (1.16%), Vitamin B3: 0.23mg (1.15%), Fiber: 0.25g (1.01%)