



Black Bean and Cheese Enchiladas

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon vegetable oil
- 0.5 cup onion finely chopped
- 1 teaspoon ground cumin
- 15 oz black beans rinsed drained progresso® canned
- 11 oz flour tortilla for burritos (8 count)
- 8 oz monterrey jack cheese shredded
- 10 oz enchilada sauce red canned
- 2 oz cheddar cheese shredded

1 serving salsa thick

Equipment

frying pan

oven

baking pan

aluminum foil

glass baking pan

Directions

Heat oven to 350°F. Lightly spray 11x7-inch (2-quart) glass baking dish with cooking spray.

Heat oil in 10-inch skillet over medium heat.

Add onion and cumin; cook and stir until onion is tender. Stir in beans.

Place about 3 tablespoons bean mixture in center of each warm tortilla. Top each with 1/4 cup Monterey Jack cheese.

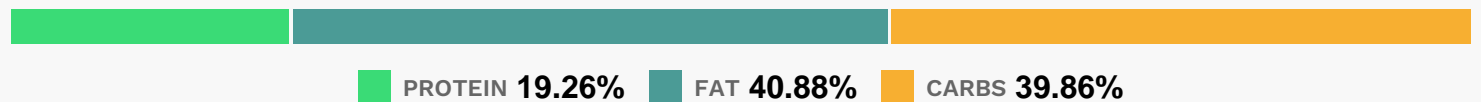
Roll up tightly; place, seam side down, in baking dish. Spoon enchilada sauce over tortillas. Spray sheet of foil with cooking spray; cover baking dish with foil, sprayed side down.

Bake 30 to 35 minutes or until thoroughly heated.

Sprinkle with Cheddar cheese.

Serve enchiladas with salsa.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:12.79, Inflammation Score:-8, Nutrition Score:24.725651875786%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 655.11kcal (32.76%), Fat: 29.81g (45.86%), Saturated Fat: 16.1g (100.6%), Carbohydrates: 65.38g (21.79%), Net Carbohydrates: 53.58g (19.48%), Sugar: 9.11g (10.13%), Cholesterol: 64.64mg (21.55%), Sodium: 2083.52mg (90.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.21%), Calcium: 685.72mg (68.57%), Phosphorus: 602.93mg (60.29%), Fiber: 11.81g (47.22%), Selenium: 31.2µg (44.57%), Folate: 155.49µg (38.87%), Vitamin B1: 0.57mg (37.92%), Vitamin B2: 0.64mg (37.69%), Manganese: 0.69mg (34.6%), Iron: 6.11mg (33.96%), Vitamin A: 1100.18IU (22%), Zinc: 3.28mg (21.88%), Vitamin B3: 4.3mg (21.5%), Magnesium: 78.53mg (19.63%), Copper: 0.33mg (16.27%), Potassium: 540.51mg (15.44%), Vitamin B12: 0.62µg (10.35%), Vitamin B6: 0.2mg (9.96%), Vitamin K: 9.88µg (9.41%), Vitamin C: 5.96mg (7.22%), Vitamin B5: 0.54mg (5.42%), Vitamin E: 0.46mg (3.09%), Vitamin D: 0.43µg (2.83%)