



Black Bean and Cheese Enchiladas

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



662 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained progresso® canned
- 10 oz enchilada sauce canned
- 11 oz flour tortilla for burritos (8 tortillas;
- 1 teaspoon ground cumin
- 8 oz monterrey jack cheese shredded
- 0.5 cup onion finely chopped
- 4 servings salsa thick
- 2 oz cheddar cheese shredded

1 teaspoon vegetable oil

Equipment

frying pan

oven

baking pan

aluminum foil

glass baking pan

Directions

Heat oven to 350F. 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.

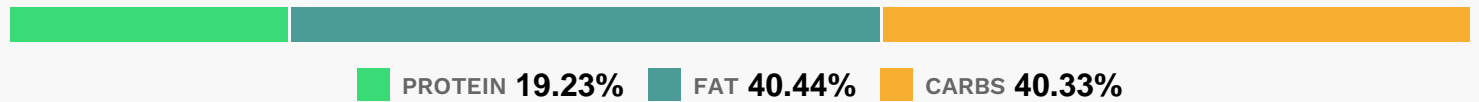
Roll up tightly; place, seam side down, in baking dish. Spoon enchilada sauce over tortillas. Spray sheet of foil with cooking spray; cover baking dish with foil, sprayed side down.

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:25.601739137069%

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: 662.07kcal (33.1%), Fat: 29.85g (45.93%), Saturated Fat: 16.1g (100.64%), Carbohydrates: 67g (22.33%), Net Carbohydrates: 54.76g (19.91%), Sugar: 10.03g (11.14%), Cholesterol: 64.64mg (21.55%), Sodium: 2240.96mg (97.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.95g (63.9%), Calcium: 692.44mg (69.24%), Phosphorus: 610.61mg (61.06%), Fiber: 12.24g (48.95%), Selenium: 31.41µg (44.88%), Folate: 156.45µg (39.11%), Vitamin B1: 0.58mg (38.48%), Vitamin B2: 0.65mg (38.14%), Manganese: 0.72mg (35.96%), Iron: 6.21mg (34.52%), Vitamin A: 1215.38IU (24.31%), Vitamin B3: 4.57mg (22.85%), Zinc: 3.33mg (22.2%), Magnesium: 82.13mg (20.53%), Potassium: 602.43mg (17.21%), Copper: 0.34mg (17.05%), Vitamin B6: 0.24mg (12.08%), Vitamin K: 10.89µg (10.37%), Vitamin B12: 0.62µg (10.35%), Vitamin C: 6.41mg (7.77%), Vitamin B5: 0.59mg (5.9%), Vitamin E: 0.76mg (5.05%), Vitamin D: 0.43µg (2.83%)