



Black Bean and Cheese Enchiladas with Ranchero Sauce



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ancho chili pepper dried stemmed seeded
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 12 6-inch corn tortillas ()
- ☐ 5 garlic clove sliced
- ☐ 3 spring onion divided thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 8 ounces cheddar cheese divided reduced-fat
- ☐ 6 tablespoons cream light sour
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups vegetable stock organic
- ☐ 2 cups water
- ☐ 1 cup onion yellow chopped

Equipment

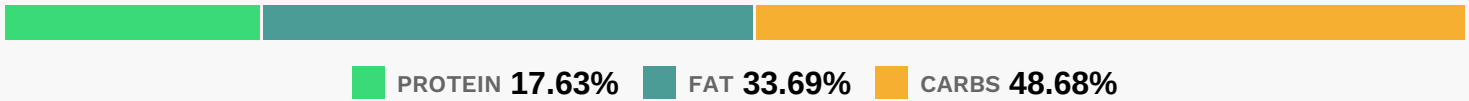
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat oven to 40
- ☐ Combine chiles and 2 cups water in a saucepan; bring to a boil, reduce heat, and simmer 5 minutes.
- ☐ Remove from heat; let stand 5 minutes.
- ☐ Drain chiles in a colander over a bowl, reserving 1 cup cooking liquid.
- ☐ Heat oil in a medium saucepan over high heat.
- ☐ Add onion; saute 1 minute. Reduce heat to medium; add garlic and salt. Cook 5 minutes or until golden, stirring occasionally.

- ☐ Add broth and next 3 ingredients (through cumin); cook 8 minutes or until thickened, stirring occasionally.
- ☐ Pour onion mixture into a blender; add chiles and reserved liquid.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure lid on blender.
- ☐ Place a clean towel over opening in lid. Blend until smooth; stir in lime juice and red pepper.
- ☐ Combine the beans, 1 cup cheese, and half the green onions in a bowl.
- ☐ Spread 1/2 cup sauce in the bottom of a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Warm tortillas according to package directions. Spoon 3 tablespoons bean mixture down center of each tortilla; roll up.
- ☐ Place, seam-side down, in prepared dish.
- ☐ Pour remaining sauce over filled tortillas. Top with the remaining cheese.
- ☐ Bake at 400 for 15 minutes or until lightly browned.
- ☐ Sprinkle with remaining green onions; serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:11.77, Inflammation Score:-10, Nutrition Score:22.716956465141%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg, Quercetin: 6.11mg

Nutrients (% of daily need)

Calories: 409.48kcal (20.47%), Fat: 15.94g (24.52%), Saturated Fat: 7.84g (48.98%), Carbohydrates: 51.82g (17.27%), Net Carbohydrates: 38.68g (14.06%), Sugar: 8.47g (9.41%), Cholesterol: 40.11mg (13.37%), Sodium: 1005.12mg (43.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.76g (37.53%), Vitamin A: 3740.42IU (74.81%), Fiber: 13.14g (52.57%), Phosphorus: 454.43mg (45.44%), Calcium: 386.11mg (38.61%), Vitamin K: 38.03µg (36.22%), Manganese: 0.63mg (31.55%), Vitamin B2: 0.43mg (25.12%), Magnesium: 96.06mg (24.01%), Iron: 4.01mg (22.26%), Potassium: 738.12mg (21.09%), Vitamin B6: 0.37mg (18.55%), Folate: 71.9µg (17.97%), Zinc: 2.58mg

(17.17%), Selenium: 11.44µg (16.34%), Copper: 0.32mg (16.1%), Vitamin C: 11.57mg (14.02%), Vitamin B1: 0.2mg (13.3%), Vitamin B3: 2.62mg (13.09%), Vitamin E: 1.43mg (9.55%), Vitamin B12: 0.52µg (8.59%), Vitamin B5: 0.47mg (4.71%), Vitamin D: 0.21µg (1.42%)