



Black Bean and Corn Enchiladas



Vegetarian

READY IN



65 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 11 oz corn kernels whole green red undrained canned
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 8 oz monterrey jack cheese shredded
- ☐ 10 oz enchilada sauce red canned
- ☐ 8 7-inch flour tortilla (6 to)
- ☐ 1 serving lettuce shredded sour chopped

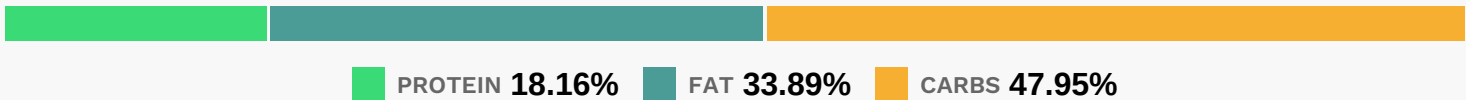
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In medium bowl, mix black beans, corn, green chiles, 1 cup of the cheese and 1/4 cup of the enchilada sauce.
- ☐ Spread 1/2 cup of the enchilada sauce over bottom of baking dish. Spoon 1/2 cup bean mixture down center of each tortilla.
- ☐ Roll up tortillas; place seam sides down in baking dish. Spoon remaining enchilada sauce over enchiladas.
- ☐ Sprinkle with remaining 1 cup cheese. Spray sheet of foil with cooking spray. Cover baking dish with foil, sprayed side down.
- ☐ Bake 30 to 35 minutes or until thoroughly heated.
- ☐ Serve topped with lettuce, tomatoes, avocado, sour cream and salsa.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:14.59, Inflammation Score:-8, Nutrition Score:27.405652077302%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 679.4kcal (33.97%), Fat: 25.9g (39.84%), Saturated Fat: 13.8g (86.24%), Carbohydrates: 82.46g (27.49%),
Net Carbohydrates: 68.39g (24.87%), Sugar: 12.32g (13.69%), Cholesterol: 50.46mg (16.82%), Sodium: 2314.62mg
(100.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.22g (62.44%), Calcium: 611.05mg (61.11%),
Phosphorus: 599.51mg (59.95%), Fiber: 14.07g (56.27%), Folate: 212.14µg (53.04%), Vitamin B1: 0.66mg (44.06%),
Selenium: 30.69µg (43.85%), Manganese: 0.83mg (41.26%), Vitamin B2: 0.69mg (40.68%), Iron: 6.87mg (38.18%),
Vitamin B3: 5.76mg (28.81%), Vitamin A: 1095.49IU (21.91%), Magnesium: 85.58mg (21.4%), Zinc: 3.07mg (20.47%),
Vitamin C: 15.85mg (19.22%), Potassium: 654.68mg (18.71%), Copper: 0.35mg (17.46%), Vitamin K: 13.4µg (12.77%),
Vitamin B6: 0.23mg (11.49%), Vitamin B5: 0.79mg (7.86%), Vitamin B12: 0.47µg (7.84%), Vitamin D: 0.34µg (2.27%),
Vitamin E: 0.26mg (1.72%)