



## Black Bean and Corn Enchiladas



Vegetarian

READY IN



65 min.

SERVINGS



4

CALORIES



689 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

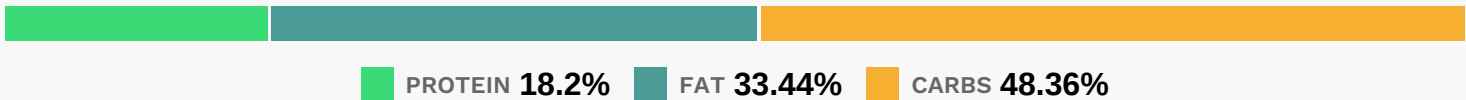
### Equipment

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

## Directions

- ☐ Heat oven to 350F. 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:14.97, Inflammation Score:-9, Nutrition Score:29.812608677408%

## Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

## Nutrients (% of daily need)

Calories: 689.49kcal (34.47%), Fat: 26g (40%), Saturated Fat: 13.81g (86.32%), Carbohydrates: 84.6g (28.2%), Net Carbohydrates: 69.67g (25.34%), Sugar: 13.64g (15.15%), Cholesterol: 50.46mg (16.82%), Sodium: 2335.36mg (101.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.85g (63.69%), Calcium: 624.34mg (62.43%), Phosphorus: 613.25mg (61.32%), Fiber: 14.93g (59.72%), Folate: 233.41µg (58.35%), Vitamin B1: 0.69mg (45.91%), Manganese: 0.91mg (45.43%), Selenium: 30.77µg (43.96%), Vitamin B2: 0.71mg (41.73%), Iron: 7.19mg (39.96%), Vitamin B3: 5.87mg (29.34%), Vitamin A: 1435.04IU (28.7%), Vitamin K: 29.49µg (28.09%), Vitamin C: 18.93mg (22.95%), Magnesium: 90.4mg (22.6%), Potassium: 752.8mg (21.51%), Zinc: 3.17mg (21.16%), Copper: 0.37mg (18.3%), Vitamin B6: 0.26mg (13.1%), Vitamin B5: 0.85mg (8.5%), Vitamin B12: 0.47µg (7.84%), Vitamin E: 0.38mg (2.52%), Vitamin D: 0.34µg (2.27%)