



Black Bean and Rice Enchiladas

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 14.5 ounce canned tomatoes diced green canned
- ☐ 1 tablespoon chili powder
- ☐ 2 cups brown rice cooked
- ☐ 8 6-inch flour tortillas warmed
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper green chopped

- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 0.3 cup picante sauce
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 cup salsa
- ☐ 0.3 cup cheddar cheese shredded

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
- ☐ Heat oil in a large skillet over medium heat; cook and stir green pepper, onion, and garlic until tender, about 7 minutes. Stir in beans, tomatoes, picante sauce, chili powder, cumin, and red pepper flakes; bring to a boil. Reduce heat to low and simmer, uncovered, until heated through and mixture thickens, about 5 minutes. Fold in rice and 1 cup Cheddar cheese; cook until heated through, about 5 minutes.
- ☐ Spoon a rounded 1/2 cup bean mixture down the center of each tortilla. Fold sides over filling and roll up.
- ☐ Place enchiladas seam side down in baking dish; spoon salsa over each tortilla. Cover baking dish with aluminum foil.
- ☐ Bake in preheated oven for 25 minutes. Uncover and sprinkle with cilantro and 1/4 cup Cheddar cheese.
- ☐ Bake until cheese is melted, 2 to 3 minutes.

Nutrition Facts



 **PROTEIN 13.98%**  **FAT 20.93%**  **CARBS 65.09%**

Properties

Glycemic Index:31.9, Glycemic Load:11.72, Inflammation Score:-7, Nutrition Score:16.17695637436%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 266.99kcal (13.35%), Fat: 6.38g (9.82%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 36.43g (13.25%), Sugar: 5.97g (6.63%), Cholesterol: 3.53mg (1.18%), Sodium: 801.96mg (34.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Manganese: 1.03mg (51.44%), Fiber: 8.21g (32.85%), Vitamin C: 20.33mg (24.64%), Vitamin B1: 0.35mg (23.35%), Phosphorus: 215.55mg (21.56%), Iron: 3.66mg (20.35%), Folate: 76.17µg (19.04%), Vitamin B3: 3.62mg (18.1%), Vitamin B6: 0.36mg (17.9%), Magnesium: 69.66mg (17.41%), Potassium: 574.42mg (16.41%), Copper: 0.33mg (16.3%), Vitamin A: 726.73IU (14.53%), Selenium: 9.51µg (13.59%), Vitamin B2: 0.23mg (13.51%), Calcium: 133.73mg (13.37%), Vitamin E: 1.89mg (12.62%), Vitamin K: 10.5µg (10%), Zinc: 1.21mg (8.08%), Vitamin B5: 0.63mg (6.26%)