






# Black Bean and Summer Squash Enchiladas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN  
  
40 min.

SERVINGS  
  
4

CALORIES  
  
240 kcal

ANTIPASTI   STARTER   SNACK   APPETIZER

## Ingredients

- 1 teaspoon ancho chili powder (or mild chili powder)
- 0.1 teaspoon chipotle sauce to taste (or )
- 1.5 cups black beans rinsed cooked drained well
- 8 corn tortillas
- 1 can enchilada sauce homemade (or 10 ounces sauce)
- 2 cloves garlic clove minced
- 4 servings spring onion chopped for serving
- 0.5 teaspoon ground cumin

- 2 teaspoons juice of lime
- 1 tablespoon nutritional yeast
- 1 medium onion chopped fine
- 0.3 cup bell pepper green red chopped
- 0.5 teaspoon salt to taste (or )
- 12 ounces to 3 sized squashes diced yellow ( 2 medium squash)

## Equipment

- sauce pan
- oven
- baking pan
- microwave

## Directions

- Saute the onion in a medium-sized saucepan until it begins to soften.
- Add the garlic and cook for another minute. Stir in the bell pepper and squash and cook, stirring, for about two minutes, until squash is just beginning to become tender.
- Add the cumin, chile powders, black beans, and salt. Simmer for 5 minutes.
- Remove from heat and stir in the nutritional yeast and lime juice. Check seasoning and adjust to taste. Preheat oven to 35
- Lightly spray one large rectangular baking dish or 4 individual baking dishes with olive oil.
- Place a thin layer of enchilada sauce on the bottom of each dish, reserving most of it to go on top. Microwave the tortillas for about 20 seconds to soften them.
- Place a tortilla in front of you and arrange about 1/4 cup of the bean mixture across the center.
- Roll up and place seam-side down into the baking dish. Repeat with remaining tortillas and beans.
- Pour the remaining sauce over the top.
- Bake for about 20 minutes, or until hot and bubbling.
- Sprinkle with sliced green onions to serve.

# Nutrition Facts

PROTEIN 18% FAT 8.04% CARBS 73.96%

## Properties

Glycemic Index:54.13, Glycemic Load:14.4, Inflammation Score:-8, Nutrition Score:16.213478264601%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

## Nutrients (% of daily need)

Calories: 239.74kcal (11.99%), Fat: 2.26g (3.48%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 46.75g (15.58%), Net Carbohydrates: 35.39g (12.87%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 330mg (14.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.38g (22.75%), Fiber: 11.36g (45.45%), Manganese: 0.7mg (35.21%), Folate: 133.83µg (33.46%), Vitamin C: 26.35mg (31.94%), Phosphorus: 303.35mg (30.33%), Magnesium: 104.17mg (26.04%), Vitamin B6: 0.43mg (21.62%), Potassium: 682.25mg (19.49%), Vitamin B1: 0.27mg (18.32%), Iron: 2.87mg (15.93%), Vitamin K: 16.35µg (15.57%), Copper: 0.29mg (14.63%), Vitamin B2: 0.22mg (12.65%), Zinc: 1.79mg (11.91%), Calcium: 91.09mg (9.11%), Vitamin B3: 1.71mg (8.56%), Vitamin A: 424.31IU (8.49%), Selenium: 4.62µg (6.6%), Vitamin B5: 0.41mg (4.09%), Vitamin E: 0.53mg (3.51%)