



## Black Bean and Zucchini Chilaquiles



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 16 ounce black beans canned
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 8 ounces cheddar cheese cheddar or cheddar-style grated
- ☐ 2 teaspoons chili powder
- ☐ 1 small pepper flakes fresh green hot minced seeded chopped canned
- ☐ 12 6-inch corn tortillas cut into several pieces
- ☐ 1 medium bell pepper diced green
- ☐ 0.5 teaspoon ground cumin

- ☐ 1.5 tablespoons olive oil extra virgin light extra-virgin
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 medium zucchini thinly sliced quartered

## Equipment


- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat the oven to 400° F. Lightly oil a 9- by 13-inch baking pan or 2-quart round casserole.
- ☐ Heat the oil in a large saucepan. Sauté the onion until translucent.
- ☐ Add the bell pepper and continue to sauté until it has softened and the onions are golden. Stir in the tomatoes, seasonings, beans, zucchini, and chile pepper. Bring to a simmer, then simmer gently for 5 minutes.
- ☐ Layer as follows in the prepared pan. Half the tortillas, half the tomato black bean mixture, and half the cheese. Repeat.
- ☐ Bake for 15 to 20 minutes, or until the cheese is bubbly.
- ☐ Let stand for 5 to 10 minutes, then cut into squares or wedges to serve.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The Vegetarian Family Cookbook by Nava Atlas. Copyright (c) 2004 by Nava Atlas. Published by Broadway Books. Nava Atlas is the author of nine cookbooks, including The Vegetarian Family Cookbook, The Vegetarian 5-Ingredient Gourmet, and Vegetarian Soups for All Seasons. She lives in the Hudson Valley region of New York with her husband and two teenage sons (all vegans).

## Nutrition Facts



 **PROTEIN 17.88%**  **FAT 35.01%**  **CARBS 47.11%**

Properties

Glycemic Index:42.08, Glycemic Load:17.39, Inflammation Score:-9, Nutrition Score:27.017391505449%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 467.22kcal (23.36%), Fat: 18.96g (29.16%), Saturated Fat: 8.21g (51.32%), Carbohydrates: 57.41g (19.14%), Net Carbohydrates: 43.42g (15.79%), Sugar: 9.29g (10.32%), Cholesterol: 37.8mg (12.6%), Sodium: 462.31mg (20.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.79g (43.58%), Vitamin C: 46.74mg (56.66%), Fiber: 13.99g (55.95%), Phosphorus: 515.24mg (51.52%), Manganese: 0.92mg (45.75%), Calcium: 398.26mg (39.83%), Folate: 157.99µg (39.5%), Magnesium: 141.78mg (35.45%), Vitamin B6: 0.58mg (28.82%), Potassium: 985.1mg (28.15%), Copper: 0.55mg (27.67%), Iron: 4.7mg (26.1%), Vitamin B1: 0.39mg (26.03%), Zinc: 3.51mg (23.42%), Selenium: 15.97µg (22.81%), Vitamin B2: 0.37mg (21.9%), Vitamin A: 1084.87IU (21.7%), Vitamin E: 3.08mg (20.51%), Vitamin B3: 3.27mg (16.33%), Vitamin K: 16.84µg (16.04%), Vitamin B5: 0.91mg (9.07%), Vitamin B12: 0.4µg (6.68%), Vitamin D: 0.23µg (1.51%)