



Black Bean-Chicken-Spinach Enchiladas

READY IN



25 min.

SERVINGS



8

CALORIES



452 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 teaspoon chili powder
- ☐ 1 cup meat from a rotisserie chicken cooked chopped
- ☐ 1 teaspoon creole seasoning
- ☐ 8 8-inch flour tortillas ()
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh
- ☐ 12 ounce block monterey jack cheese shredded divided

- ☐ 0.5 teaspoon onion powder
- ☐ 8 ounce cup heavy whipping cream sour

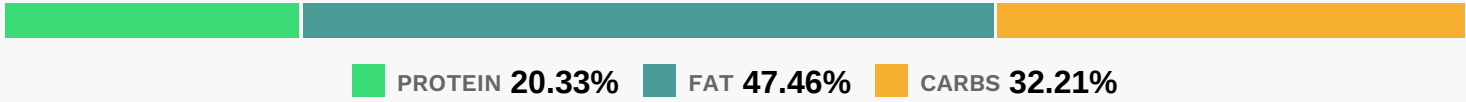
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Combine first 8 ingredients in a medium bowl; set aside.
- ☐ Stir together Spinach Madeleine and sour cream until blended.
- ☐ Spoon about 1/2 cup black bean mixture down center of each tortilla. Top each with 1/3 cup Spinach Madeleine mixture, and sprinkle with 3 tablespoons cheese.
- ☐ Roll up, and place, seam sides down, in 2 lightly greased 11- x 7-inch baking dishes.
- ☐ Sprinkle remaining cheese evenly over tops.
- ☐ Bake, covered, at 350 for 25 minutes. Uncover and bake 5 to 10 more minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:8.07, Inflammation Score:-6, Nutrition Score:16.223913037259%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 452.36kcal (22.62%), Fat: 23.89g (36.75%), Saturated Fat: 12.85g (80.3%), Carbohydrates: 36.47g (12.16%), Net Carbohydrates: 30.8g (11.2%), Sugar: 3.19g (3.55%), Cholesterol: 67.7mg (22.57%), Sodium: 861.2mg (37.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.02g (46.04%), Calcium: 444.54mg (44.45%), Phosphorus: 410.23mg (41.02%), Selenium: 23.73µg (33.9%), Vitamin B2: 0.45mg (26.63%), Vitamin B1: 0.36mg (23.89%), Folate: 91.49µg (22.87%), Fiber: 5.67g (22.69%), Vitamin B3: 4.09mg (20.46%), Manganese: 0.4mg

(20.21%), Iron: 3.56mg (19.8%), Zinc: 2.23mg (14.86%), Vitamin A: 694.54IU (13.89%), Magnesium: 49.61mg (12.4%), Potassium: 357.43mg (10.21%), Vitamin B6: 0.19mg (9.68%), Copper: 0.19mg (9.55%), Vitamin B12: 0.46µg (7.72%), Vitamin B5: 0.55mg (5.45%), Vitamin K: 5.66µg (5.39%), Vitamin C: 3.05mg (3.7%), Vitamin E: 0.4mg (2.68%), Vitamin D: 0.26µg (1.7%)