



# Black Bean, Corn, and Zucchini Enchiladas

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 15 ounce black beans rinsed drained canned
- 1 teaspoon canola oil
- 10 ounce corn kernels frozen
- 3 cups enchilada sauce divided
- 3 cups enchilada sauce divided
- 8 ounces cheddar cheese shredded divided reduced-fat
- 8 8-inch tortillas whole wheat ( )
- 2 cups zucchini diced

## Equipment

- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Preheat oven to 350
- Heat oil in a large nonstick skillet over medium-high heat.
- Add 2 cups zucchini and corn; saut for 5 minutes or until vegetables are tender.
- Remove from heat, and stir in beans.
- Spread 1 cup Enchilada Sauce in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Spoon about 1/2 cup zucchini mixture down center of 1 tortilla; sprinkle with 2 tablespoons cheese, and roll up.
- Place seam-side down in baking dish. Repeat procedure with remaining tortillas, zucchini mixture, and 14 tablespoons cheese.
- Spread remaining 2 cups sauce evenly over enchiladas.
- Cover with foil; bake at 350 for 30 minutes. Uncover; top with remaining 1 cup cheese.
- Bake, uncovered, for 10 minutes or until cheese melts.

## Nutrition Facts

 **PROTEIN 22.07%**  **FAT 16.23%**  **CARBS 61.7%**

## Properties

Glycemic Index:1.88, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:10.5960870437%

## Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 318.45kcal (15.92%), Fat: 5.83g (8.98%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 49.92g (16.64%), Net Carbohydrates: 39.51g (14.37%), Sugar: 16.28g (18.09%), Cholesterol: 5.95mg (1.98%), Sodium: 2262.14mg (98.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.71%), Fiber: 10.41g (41.64%), Vitamin A: 1339.36IU (26.79%), Phosphorus: 222.7mg (22.27%), Calcium: 213.39mg (21.34%), Iron: 3.38mg (18.77%), Folate: 56.09µg (14.02%), Vitamin C: 11.15mg (13.52%), Manganese: 0.22mg (11.04%), Vitamin B2: 0.19mg (11.01%), Potassium: 310.12mg (8.86%), Magnesium: 33.33mg (8.33%), Selenium: 5.08µg (7.25%), Vitamin B1: 0.1mg (6.99%), Copper: 0.14mg (6.81%), Zinc: 1.02mg (6.77%), Vitamin B6: 0.11mg (5.28%), Vitamin B3: 0.84mg (4.19%), Vitamin B5: 0.34mg (3.39%), Vitamin B12: 0.14µg (2.32%), Vitamin K: 1.86µg (1.77%), Vitamin E: 0.17mg (1.16%)