



Black Bean, Corn, and Zucchini Enchiladas

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



282 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
- ☐ 8 ounces cheddar cheese shredded divided reduced-fat
- ☐ 8 8-inch tortillas whole wheat ()
- ☐ 2 cups zucchini diced

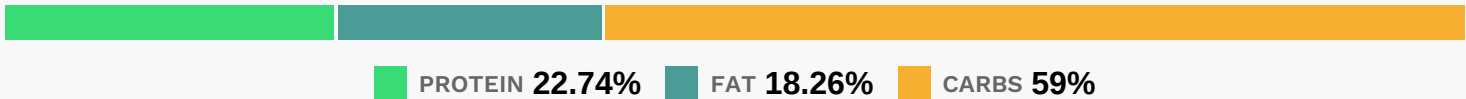
Equipment

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

Directions

- ☐ Preheat oven to 35
- ☐ 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



Properties

Glycemic Index:1.88, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:9.5821739720262%

Flavonoids

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

Nutrients (% of daily need)

Calories: 282.45kcal (14.12%), Fat: 5.83g (8.98%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 42.42g (14.14%), Net Carbohydrates: 33.54g (12.2%), Sugar: 10.27g (11.42%), Cholesterol: 5.95mg (1.98%), Sodium: 1481.84mg (64.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.7%), Fiber: 8.88g (35.52%), Phosphorus: 222.7mg (22.27%), Calcium: 213.39mg (21.34%), Iron: 2.84mg (15.77%), Vitamin A: 739.06IU (14.78%), Folate: 56.09µg

(14.02%), Vitamin C: 9.35mg (11.33%), 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%)