



## Black-Bean Enchilada Casserole

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



430 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup brown basmati rice long-grain cooked
- 15 ounce black beans rinsed drained canned
- 1 teaspoon chili powder
- 12 6-inch corn tortillas ()
- 0.5 cup cilantro leaves fresh chopped
- 0.3 cup green onions chopped
- 1 teaspoon ground cumin
- 1 jalapeno seeded chopped

- 4 ounces monterrey jack cheese shredded divided reduced-fat
- 19 ounce enchilada sauce red canned
- 1 cup cup heavy whipping cream fat-free sour

## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 35
- Combine 1/2 cup cheese, rice, and the next 7 ingredients (rice through jalapeo) in a large bowl.
- Spread 1/4 cup enchilada sauce in bottom of an 11 x 7-inch baking dish coated with cooking spray.
- Heat remaining enchilada sauce in a skillet for 2 minutes or until warm, and remove from heat. Dredge both sides of 6 tortillas in warm enchilada sauce, and arrange tortillas, overlapping, over sauce in baking dish. Top with 1 3/4 cups bean mixture. Dredge both sides of remaining tortillas in warm enchilada sauce, and arrange tortillas, overlapping, over bean mixture. Top with the remaining bean mixture, remaining enchilada sauce, and 1/2 cup cheese.
- Bake at 350 for 40 minutes or until bubbly.

## Nutrition Facts



**PROTEIN 15.67%** **FAT 16.09%** **CARBS 68.24%**

## Properties

Glycemic Index:39.95, Glycemic Load:25.05, Inflammation Score:-8, Nutrition Score:16.330000048098%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

## Nutrients (% of daily need)

Calories: 430.12kcal (21.51%), Fat: 7.77g (11.95%), Saturated Fat: 3.97g (24.82%), Carbohydrates: 74.09g (24.7%), Net Carbohydrates: 63.6g (23.13%), Sugar: 7g (7.77%), Cholesterol: 20.27mg (6.76%), Sodium: 1250.48mg (54.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.01g (34.02%), Fiber: 10.49g (41.97%), Phosphorus: 401.58mg (40.16%), Manganese: 0.71mg (35.29%), Calcium: 273.84mg (27.38%), Vitamin A: 1119.33IU (22.39%), Magnesium: 82.41mg (20.6%), Selenium: 13.66µg (19.52%), Iron: 3.3mg (18.32%), Vitamin B2: 0.28mg (16.33%), Vitamin K: 16.94µg (16.13%), Copper: 0.31mg (15.55%), Folate: 61.06µg (15.26%), Zinc: 2.22mg (14.8%), Vitamin B1: 0.2mg (13.04%), Potassium: 455.76mg (13.02%), Vitamin B6: 0.25mg (12.48%), Vitamin C: 7.91mg (9.59%), Vitamin B3: 1.88mg (9.42%), Vitamin B5: 0.56mg (5.62%), Vitamin B12: 0.27µg (4.53%), Vitamin E: 0.51mg (3.43%)