



Black Bean Enchiladas

READY IN



15 min.

SERVINGS



8

CALORIES



341 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 30 oz black beans divided rinsed drained canned
- 1 teaspoon chili powder
- 8 8-inch flour tortillas ()
- 0.5 teaspoon garlic powder
- 0.5 teaspoon ground cumin
- 0.5 teaspoon onion powder
- 0.5 cup tostitos monterey jack queso dip
- 16 oz salsa
- 0.5 cup cup heavy whipping cream sour

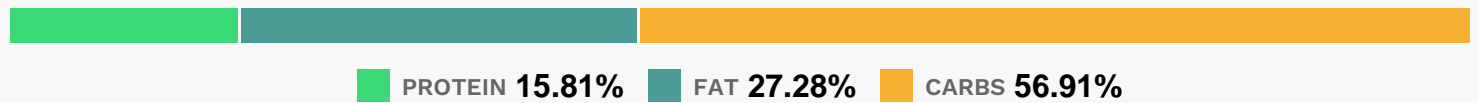
Equipment

- bowl
- oven
- baking pan

Directions

- Mash 1 can of beans in a bowl; add remaining beans, chili powder, and next 3 ingredients, stirring until blended. Stir together salsa, queso dip, and sour cream in a medium bowl.
- Spoon about 1/2 cup black bean mixture down center of each tortilla. Top each with 2 Tbsp. salsa mixture.
- Roll tortillas up, and place, seam sides down, in a lightly greased 13- x 9-inch baking dish.
- Pour remaining salsa mixture evenly over tortillas.
- Bake, covered, at 350 for 30 to 35 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:7.97, Inflammation Score:-7, Nutrition Score:15.900869618291%

Nutrients (% of daily need)

Calories: 340.74kcal (17.04%), Fat: 10.45g (16.08%), Saturated Fat: 4.98g (31.12%), Carbohydrates: 49.06g (16.35%), Net Carbohydrates: 38.74g (14.09%), Sugar: 5.57g (6.19%), Cholesterol: 19.57mg (6.52%), Sodium: 1406.72mg (61.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.27%), Fiber: 10.32g (41.29%), Phosphorus: 370.68mg (37.07%), Folate: 116.17µg (29.04%), Manganese: 0.58mg (28.86%), Vitamin B1: 0.43mg (28.73%), Iron: 4.29mg (23.83%), Vitamin B2: 0.35mg (20.72%), Selenium: 13.92µg (19.88%), Calcium: 197.76mg (19.78%), Vitamin B3: 3.6mg (17.99%), Potassium: 601.51mg (17.19%), Copper: 0.3mg (15.1%), Magnesium: 59.49mg (14.87%), Vitamin A: 537.64IU (10.75%), Vitamin B6: 0.2mg (10.2%), Zinc: 1.28mg (8.5%), Vitamin K: 6.55µg (6.23%), Vitamin E: 0.85mg (5.65%), Vitamin C: 4.18mg (5.07%), Vitamin B5: 0.45mg (4.47%)