



Black Bean Enchiladas

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup corn whole frozen thawed
- ☐ 0.8 cup salsa thick
- ☐ 15 oz black beans rinsed drained canned
- ☐ 8 oz monterrey jack cheese shredded
- ☐ 10 6-inch corn tortillas ()

- ☐ 10 oz enchilada sauce red canned
- ☐ 1 serving olives sour black chopped

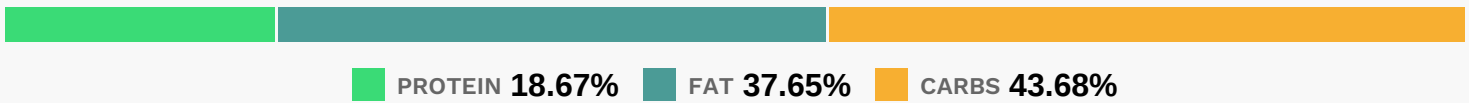
Equipment

- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. Spray 11x7-inch (2-quart) baking dish with cooking spray. In 10-inch skillet, heat oil over medium heat.
- ☐ Add onion and cumin; cook and stir 4 to 5 minutes or until onion is tender. Stir in corn, salsa, beans and 1 cup of the cheese.
- ☐ Remove from heat.
- ☐ On microwavable plate, stack tortillas and cover with paper towel; microwave on High 1 minute to soften.
- ☐ Place 1/4 cup bean mixture along center of each tortilla.
- ☐ Roll up tightly, and place seam sides down in baking dish; spoon remaining bean mixture on top.
- ☐ Pour enchilada sauce over enchiladas, spreading to coat all tortillas.
- ☐ Sprinkle with remaining 1 cup cheese.
- ☐ Bake 25 to 30 minutes or until cheese is melted and sauce is bubbly around edges.
- ☐ Garnish with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:10.95, Glycemic Load:5.24, Inflammation Score:-5, Nutrition Score:8.6652173659076%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 226.94kcal (11.35%), Fat: 9.71g (14.93%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 19.71g (7.17%), Sugar: 3.33g (3.7%), Cholesterol: 20.18mg (6.73%), Sodium: 741.09mg (32.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.66%), Phosphorus: 244.05mg (24.41%), Fiber: 5.63g (22.51%), Calcium: 215.64mg (21.56%), Manganese: 0.23mg (11.69%), Magnesium: 46.05mg (11.51%), Vitamin B2: 0.17mg (9.87%), Iron: 1.74mg (9.64%), Folate: 38.05µg (9.51%), Vitamin A: 469.88IU (9.4%), Zinc: 1.36mg (9.04%), Selenium: 5.67µg (8.1%), Potassium: 281.51mg (8.04%), Copper: 0.15mg (7.68%), Vitamin B6: 0.14mg (7.18%), Vitamin B1: 0.1mg (6.79%), Vitamin B3: 1.03mg (5.17%), Vitamin E: 0.57mg (3.77%), Vitamin K: 3.96µg (3.77%), Vitamin C: 2.95mg (3.57%), Vitamin B12: 0.19µg (3.14%), Vitamin B5: 0.2mg (2.04%)