



Black Bean Enchiladas with Tomatillo Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado ripe peeled mashed seeded
- ☐ 4 cups bean mixture reserved from black bean chili
- ☐ 8 ounce tomato sauce salt-free canned
- ☐ 12 6-inch corn tortillas ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove
- ☐ 2 tablespoons jalapeno seeded chopped
- ☐ 2 teaspoons juice of lime fresh

- ☐ 6 ounces monterrey jack cheese shredded with jalapeño peppers, low-fat
- ☐ 0.3 cup onion chopped
- ☐ 1.5 cups picante sauce
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup tomatillos peeled chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ For enchiladas, combine picante sauce and tomato sauce in a small bowl.
- ☐ Spread 1 cup picante mixture in the bottom of a 13- x 9-inch baking dish coated with cooking spray. Set aside remaining mixture.
- ☐ Warm tortillas according to package directions. Spoon about 1/3 cup bean mixture down center of each tortilla; roll up.
- ☐ Place each tortilla, seam side down, in baking dish. Top enchiladas with remaining picante mixture; sprinkle with cheese. Cover dish with foil.
- ☐ Bake at 350 for 25 minutes or until thoroughly heated.
- ☐ Remove foil; bake 5 minutes or until cheese melts.
- ☐ To make sauce, combine tomatillos and next 5 ingredients (through garlic) in a blender or food processor; process until coarsely ground.
- ☐ Combine tomatillo mixture, avocado, and lime juice.
- ☐ Serve with enchiladas.

Nutrition Facts



 **PROTEIN 20.34%**  **FAT 31.39%**  **CARBS 48.27%**

Properties

Glycemic Index:47.25, Glycemic Load:11.13, Inflammation Score:-7, Nutrition Score:16.248260969701%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 487.32kcal (24.37%), Fat: 17.48g (26.9%), Saturated Fat: 6.07g (37.92%), Carbohydrates: 60.48g (20.16%), Net Carbohydrates: 44.73g (16.27%), Sugar: 23.74g (26.37%), Cholesterol: 25.23mg (8.41%), Sodium: 854.42mg (37.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.48g (50.96%), Fiber: 15.74g (62.98%), Phosphorus: 339.85mg (33.99%), Calcium: 284.01mg (28.4%), Iron: 4.97mg (27.62%), Vitamin B6: 0.38mg (18.84%), Manganese: 0.36mg (18.03%), Vitamin C: 14.75mg (17.87%), Magnesium: 70.52mg (17.63%), Vitamin A: 837.88IU (16.76%), Potassium: 554.68mg (15.85%), Vitamin E: 2.17mg (14.45%), Vitamin B2: 0.22mg (13.2%), Vitamin B3: 2.59mg (12.95%), Zinc: 1.92mg (12.78%), Vitamin K: 12.72µg (12.11%), Selenium: 8.38µg (11.97%), Copper: 0.23mg (11.41%), Folate: 31.64µg (7.91%), Vitamin B1: 0.11mg (7.36%), Vitamin B5: 0.65mg (6.55%), Vitamin B12: 0.24µg (3.92%), Vitamin D: 0.17µg (1.13%)