



Cheddar-Beef Enchiladas

READY IN



63 min.

SERVINGS



5

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 6-inch corn tortillas
- ☐ 0.5 lb extra ground beef lean
- ☐ 2 Tbsp 2 tbsp. kraft light zesty italian dressing light italian kraft
- ☐ 0.5 cup pasilla peppers green red chopped
- ☐ 2 cups taco bell home originals 'n chunky salsa thick divided
- ☐ 1.3 cup milk sharp cheddar cheese shredded 2% divided kraft

Equipment

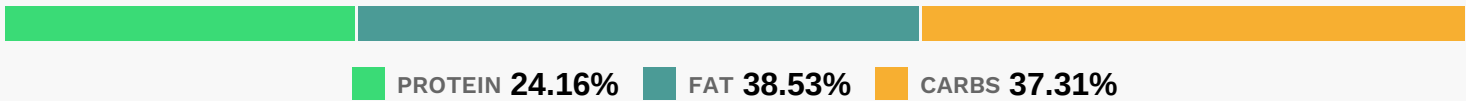
- ☐ frying pan

- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ HEAT oven to 400 degrees F.
- ☐ BROWN meat with peppers in large nonstick skillet. Stir in 1 cup salsa; simmer 5 min., stirring occasionally.
- ☐ Remove from heat; stir in 1/2 cup cheese.
- ☐ SPREAD 1/4 cup of remaining salsa onto bottom of 13x9-inch baking dish.
- ☐ Brush dressing lightly over both sides of tortillas. Stack 4 tortillas; wrap in waxed paper. Microwave on HIGH 20 to 30 sec. or just until warmed. Immediately spoon 1/3 cup meat mixture down center of each warm tortilla; roll up.
- ☐ Place, seam-sides down, over salsa in dish. Repeat with remaining tortillas and meat mixture; top with remaining salsa. Cover.
- ☐ BAKE 20 min. or until heated through. Uncover; top with remaining cheese.
- ☐ Bake, uncovered, 2 to 3 min. or until cheese is melted.
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Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:10.29, Inflammation Score:-7, Nutrition Score:16.725652098656%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 338.01kcal (16.9%), Fat: 14.82g (22.8%), Saturated Fat: 6.88g (43.03%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 26.89g (9.78%), Sugar: 5.51g (6.12%), Cholesterol: 56.37mg (18.79%), Sodium: 979.17mg (42.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.82%), Phosphorus: 419.62mg (41.96%), Selenium: 20.11µg (28.73%), Zinc: 4.26mg (28.39%), Calcium: 277.3mg (27.73%), Vitamin B6: 0.53mg (26.57%), Vitamin B3: 4.53mg (22.65%), Vitamin B12: 1.32µg (21.92%), Fiber: 5.4g (21.61%), Magnesium: 72.43mg (18.11%), Vitamin C: 13.98mg (16.94%), Vitamin A: 840.55IU (16.81%), Potassium: 574.75mg (16.42%), Vitamin B2: 0.27mg (15.82%), Manganese: 0.31mg (15.72%), Vitamin E: 1.94mg (12.91%), Iron: 2.27mg (12.59%), Copper: 0.2mg (10.14%), Vitamin K: 9.58µg (9.12%), Vitamin B1: 0.12mg (8.12%), Vitamin B5: 0.69mg (6.89%), Folate: 16.45µg (4.11%), Vitamin D: 0.21µg (1.43%)