



Cheese-and-Bean Enchiladas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces cheddar cheese divided reduced-fat
- ☐ 12 6-inch corn tortillas ()
- ☐ 19 ounce enchilada sauce canned
- ☐ 6 tablespoons cilantro leaves fresh minced
- ☐ 2 tablespoons cream sour low-fat
- ☐ 2 tablespoons olives ripe chopped
- ☐ 10 ounce onion frozen chopped
- ☐ 16 ounce refried beans fat-free with mild green chiles (such as taco bell) canned

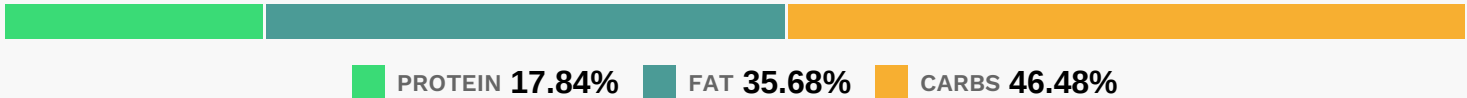
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Place onion in a sieve; rinse with hot water.
- ☐ Drain well.
- ☐ Combine onion and beans in a microwave-safe bowl. Microwave at high 3 minutes or until heated. Stir in 1 1/2 cups cheese.
- ☐ Stack tortillas; wrap stack in damp paper towels, and microwave at high for 1 minute or until soft.
- ☐ Pour half of sauce in bottom of a 13 x 9-inch baking dish; dip both sides of each tortilla into sauce. Spoon about 1/4 cup bean mixture down center of each tortilla; roll up. Arrange tortillas in baking dish; top with remaining enchilada sauce and 1/2 cup cheese.
- ☐ Bake at 400 for 8 minutes or until thoroughly heated. Top each serving with sour cream, olives, and cilantro.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:13.24, Inflammation Score:-7, Nutrition Score:11.853913115418%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg, Quercetin: 9.8mg

Nutrients (% of daily need)

Calories: 382.44kcal (19.12%), Fat: 15.22g (23.41%), Saturated Fat: 7.83g (48.94%), Carbohydrates: 44.59g (14.86%), Net Carbohydrates: 35.71g (12.99%), Sugar: 10.49g (11.66%), Cholesterol: 39.2mg (13.07%), Sodium: 1530.63mg (66.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.12g (34.24%), Fiber: 8.88g (35.52%), Phosphorus: 353.24mg (35.32%), Calcium: 352.47mg (35.25%), Vitamin A: 1092.86IU (21.86%), Selenium: 14.26µg (20.37%), Zinc: 2.17mg (14.48%), Magnesium: 53.17mg (13.29%), Vitamin B2: 0.22mg (12.88%), Manganese: 0.24mg (11.8%), Iron: 2.04mg (11.34%), Vitamin B6: 0.2mg (9.94%), Vitamin B12: 0.42µg (6.96%), Vitamin C: 5.44mg (6.59%), Potassium: 206.49mg (5.9%), Copper: 0.12mg (5.79%), Vitamin B1: 0.08mg (5.6%), Folate: 20.28µg (5.07%), Vitamin B3: 0.87mg (4.34%), Vitamin E: 0.56mg (3.75%), Vitamin B5: 0.27mg (2.74%), Vitamin K: 2.39µg (2.28%), Vitamin D: 0.23µg (1.57%)