



Cheesy Bean Enchiladas

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 6-inch flour tortillas ()
- 0.3 cup onion chopped
- 16 oz taco bellâ® refried beans canned
- 16 oz taco bellâ® & chunky salsa thick divided
- 8 oz sharp cheddar cheese shredded divided kraft

Equipment

- oven
- baking pan

Directions

- Preheat oven to 350F.
- Mix beans, 1/2 cup of the salsa, 1 cup of the cheese and the onion until well blended.
- Spread remaining 1 cup salsa onto bottom of 13x9-inch baking dish. Spoon 1/4 cup of the bean mixture down center of each tortilla; roll up.
- Place, seam sides down, over salsa in baking dish. Top with the remaining salsa and cheese.
- Bake 20 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:4.23, Glycemic Load:1.72, Inflammation Score:-2, Nutrition Score:2.5639130408349%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 70.37kcal (3.52%), Fat: 3.24g (4.98%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 5.71g (2.08%), Sugar: 1.33g (1.48%), Cholesterol: 7.56mg (2.52%), Sodium: 294.5mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Calcium: 74.66mg (7.47%), Selenium: 4.07µg (5.81%), Phosphorus: 56.33mg (5.63%), Fiber: 1.21g (4.84%), Vitamin B2: 0.06mg (3.59%), Vitamin B1: 0.05mg (3.22%), Vitamin A: 160.9IU (3.22%), Manganese: 0.06mg (2.95%), Iron: 0.5mg (2.8%), Vitamin B3: 0.53mg (2.64%), Folate: 9.97µg (2.49%), Zinc: 0.35mg (2.35%), Vitamin B6: 0.04mg (1.91%), Potassium: 56.78mg (1.62%), Vitamin E: 0.24mg (1.61%), Magnesium: 6.2mg (1.55%), Vitamin B12: 0.08µg (1.34%), Vitamin K: 1.4µg (1.33%), Copper: 0.02mg (1.06%)