



## Cheesy Beef Enchilada

READY IN



40 min.

SERVINGS



40

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 6-inch flour tortillas ()
- 1 lb ground beef lean
- 16 oz taco bellâ® & chunky salsa thick divided
- 1.5 cups cheddar cheese shredded divided kraft

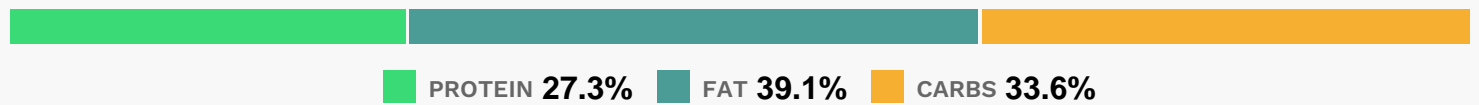
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 350F.
- Brown meat in large skillet; drain. Return meat to skillet. Stir in 1/2 cup each salsa and cheese.
- Spread 1/2 cup of the remaining salsa onto bottom of 13x9-inch baking dish sprayed with cooking spray. Spoon meat mixture down centers of tortillas; roll up.
- Place, seam sides down, in baking dish; top with remaining salsa and cheese.
- Bake 20 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:1.52, Glycemic Load:1.43, Inflammation Score:-1, Nutrition Score:2.9991304407949%

## Nutrients (% of daily need)

Calories: 63.65kcal (3.18%), Fat: 2.75g (4.23%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.79g (1.74%), Sugar: 0.78g (0.87%), Cholesterol: 11.27mg (3.76%), Sodium: 175.83mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Selenium: 5.28µg (7.54%), Phosphorus: 64.03mg (6.4%), Vitamin B3: 1.15mg (5.75%), Zinc: 0.8mg (5.35%), Vitamin B12: 0.3µg (4.98%), Calcium: 47.29mg (4.73%), Vitamin B2: 0.07mg (3.88%), Vitamin B1: 0.06mg (3.67%), Vitamin B6: 0.07mg (3.63%), Iron: 0.65mg (3.62%), Manganese: 0.06mg (2.94%), Folate: 10.37µg (2.59%), Potassium: 83.01mg (2.37%), Fiber: 0.52g (2.08%), Vitamin A: 96.89IU (1.94%), Magnesium: 7.32mg (1.83%), Vitamin E: 0.2mg (1.35%), Copper: 0.03mg (1.34%), Vitamin B5: 0.13mg (1.28%), Vitamin K: 1.26µg (1.2%)