



## Cheesy Ground Beef Enchiladas

READY IN



35 min.

SERVINGS



35

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups four cheese shredded mexican style divided kraft finely
- 1 lb extra-lean ground beef
- 12 6-inch flour tortillas ()
- 1 tsp ground cumin
- 16 oz taco bellâ® & chunky salsa thick divided

### Equipment

- frying pan
- oven

baking pan

## Directions

Heat oven to 350F.

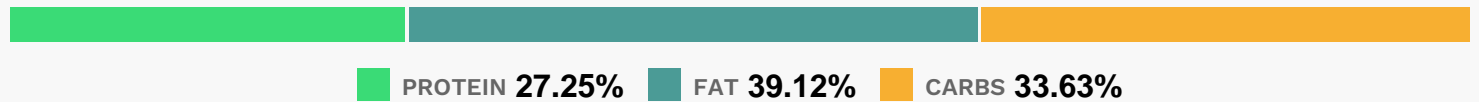
Brown meat in large skillet; drain. Return meat to skillet. Stir in 1/2 cup salsa, 1 cup cheese and cumin.

Spread 1 cup of the remaining salsa onto bottom of 13x9-inch baking dish. 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:1.89, Glycemic Load:1.64, Inflammation Score:-1, Nutrition Score:3.4547826090585%

## Nutrients (% of daily need)

Calories: 72.96kcal (3.65%), Fat: 3.15g (4.85%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.5g (2%), Sugar: 0.89g (0.99%), Cholesterol: 12.88mg (4.29%), Sodium: 201.04mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.89%), Selenium: 6.04µg (8.63%), Phosphorus: 73.46mg (7.35%), Vitamin B3: 1.32mg (6.58%), Zinc: 0.92mg (6.14%), Vitamin B12: 0.34µg (5.69%), Calcium: 54.58mg (5.46%), Vitamin B2: 0.08mg (4.44%), Iron: 0.78mg (4.34%), Vitamin B1: 0.06mg (4.22%), Vitamin B6: 0.08mg (4.16%), Manganese: 0.07mg (3.46%), Folate: 11.86µg (2.96%), Potassium: 95.88mg (2.74%), Fiber: 0.6g (2.4%), Vitamin A: 111.46IU (2.23%), Magnesium: 8.57mg (2.14%), Copper: 0.03mg (1.56%), Vitamin E: 0.23mg (1.55%), Vitamin B5: 0.15mg (1.46%), Vitamin K: 1.44µg (1.37%)