



## Cheesy Tortilla Lasagna

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup plum tomatoes italian chopped (3 medium)
- 1 cup zucchini (2x)
- 0.5 cup spring onion finely chopped
- 15 oz black beans rinsed drained canned
- 10 oz enchilada sauce red canned
- 8 oz gorgonzola dip sour
- 8 6-inch corn tortillas halved ()
- 2 cups colby cheese shredded

- 1 tablespoon cilantro leaves fresh chopped

## Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with nonstick cooking spray. In medium bowl, combine tomatoes, zucchini, onions and beans; mix well. Reserve 1/3 cup enchilada sauce; set aside. In another medium bowl, combine remaining enchilada sauce and sour cream dip; blend well.
- Spoon 2 tablespoons enchilada sauce mixture in bottom of sprayed baking dish. Arrange 8 tortilla pieces over sauce, overlapping as necessary. Spoon half of vegetable-bean mixture over tortillas; sprinkle with 2/3 cup of the cheese. Spoon half of remaining sauce mixture over cheese. Repeat layers, reserving 2/3 cup cheese for top. Top with reserved 1/3 cup enchilada sauce. Cover with foil.
- Bake at 375°F. for 30 to 35 minutes or until thoroughly heated. Uncover; sprinkle with reserved 2/3 cup cheese.
- Bake, uncovered, an additional 5 minutes or until cheese is melted.
- Let stand 10 minutes before serving.
- Sprinkle with cilantro.

## Nutrition Facts



**PROTEIN 18.4%** **FAT 46.19%** **CARBS 35.41%**

## Properties

Glycemic Index:27.92, Glycemic Load:7.3, Inflammation Score:-8, Nutrition Score:15.945217288059%

## Flavonoids

Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## **Nutrients (% of daily need)**

Calories: 421.22kcal (21.06%), Fat: 21.78g (33.51%), Saturated Fat: 12.28g (76.74%), Carbohydrates: 37.58g (12.53%), Net Carbohydrates: 28.8g (10.47%), Sugar: 7.96g (8.84%), Cholesterol: 41.8mg (13.93%), Sodium: 1182.35mg (51.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.52g (39.04%), Calcium: 417.98mg (41.8%), Phosphorus: 406.91mg (40.69%), Fiber: 8.78g (35.1%), Vitamin A: 1213.42IU (24.27%), Vitamin K: 22.65µg (21.57%), Manganese: 0.38mg (18.93%), Vitamin B2: 0.31mg (18.02%), Magnesium: 70.95mg (17.74%), Folate: 69.14µg (17.28%), Vitamin C: 13.54mg (16.42%), Zinc: 2.35mg (15.69%), Iron: 2.7mg (14.99%), Potassium: 509.39mg (14.55%), Selenium: 9.51µg (13.58%), Copper: 0.25mg (12.46%), Vitamin B1: 0.17mg (11.13%), Vitamin B6: 0.22mg (11%), Vitamin B3: 1.37mg (6.86%), Vitamin B12: 0.37µg (6.09%), Vitamin B5: 0.34mg (3.44%), Vitamin E: 0.51mg (3.37%), Vitamin D: 0.26µg (1.76%)