



Cheesy Tortilla Lasagna

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 2 cups colby cheese shredded
- 8 6-inch corn tortillas halved ()
- 8 oz cup heavy whipping cream sour
- 10 oz enchilada sauce canned
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 cup spring onion finely chopped
- 1 cup plum tomatoes italian chopped (3 medium)

1 cup zucchini (2x)

Equipment

bowl

oven

baking pan

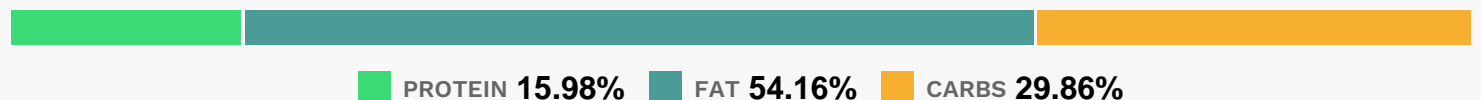
aluminum foil

glass baking pan

Directions

- Heat oven to 375F. 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 375F. 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



Properties

Glycemic Index:27.92, Glycemic Load:7.3, Inflammation Score:-8, Nutrition Score:17.28000002322%

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: 474.14kcal (23.71%), Fat: 29.12g (44.81%), Saturated Fat: 17.82g (111.39%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 27.35g (9.95%), Sugar: 6.54g (7.26%), Cholesterol: 84.51mg (28.17%), Sodium: 978.36mg (42.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.67%), Phosphorus: 428.83mg (42.88%), Calcium: 392.53mg (39.25%), Vitamin A: 1769.07IU (35.38%), Fiber: 8.78g (35.1%), Vitamin K: 23.86µg (22.72%), Vitamin B2: 0.38mg (22.2%), Manganese: 0.38mg (18.95%), Magnesium: 73.59mg (18.4%), Folate: 70.65µg (17.66%), Vitamin C: 13.77mg (16.69%), Zinc: 2.44mg (16.3%), Potassium: 545.3mg (15.58%), Iron: 2.74mg (15.2%), Selenium: 10.64µg (15.2%), Copper: 0.25mg (12.67%), Vitamin B6: 0.23mg (11.67%), Vitamin B1: 0.17mg (11.63%), Vitamin B12: 0.43µg (7.09%), Vitamin B3: 1.4mg (6.98%), Vitamin D: 0.87µg (5.79%), Vitamin E: 0.85mg (5.69%), Vitamin B5: 0.44mg (4.41%)