



Chicken-and-Black Bean Enchiladas

READY IN



10 min.

SERVINGS



8

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 10 oz canned tomatoes diced with green chiles canned
- 8 servings garnish: cilantro sprig
- 3 cups meat from a rotisserie chicken cooked chopped (1 rotisserie chicken)
- 20 oz enchilada sauce canned
- 8 8-inch flour tortillas whole wheat ()
- 8.8 oz no-salt-added corn drained canned
- 8 oz mexican four-cheese blend shredded divided reduced-fat

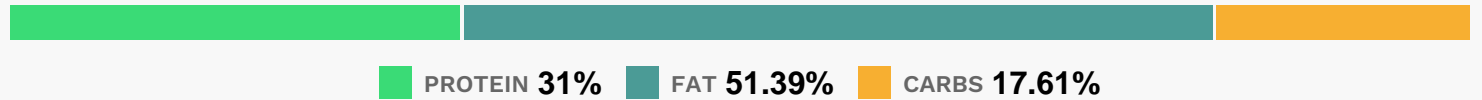
Equipment

- bowl
- oven
- baking pan
- aluminum foil

Directions

- Combine first 4 ingredients and 1 1/2 cups cheese in a large bowl. Spoon chicken mixture evenly down the center of each tortilla, and roll up. Arrange, seam side down, in a 13- x 9-inch baking dish coated with cooking spray.
- Pour enchilada sauce evenly over tortillas, and sprinkle evenly with remaining 1/2 cup cheese.
- Bake, covered, at 350 for 20 minutes.
- Remove foil, and bake 15 more minutes or until bubbly.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:14.297391412051%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 536.33kcal (26.82%), Fat: 31.49g (48.45%), Saturated Fat: 9.99g (62.43%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 17.39g (6.32%), Sugar: 9.2g (10.22%), Cholesterol: 112.1mg (37.37%), Sodium: 1307.42mg (56.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.74g (85.49%), Manganese: 0.65mg (32.65%), Phosphorus: 295.8mg (29.58%), Fiber: 6.89g (27.55%), Vitamin B3: 4.73mg (23.63%), Calcium: 232.01mg (23.2%), Vitamin E: 3.14mg (20.95%), Magnesium: 83.08mg (20.77%), Folate: 66.42µg (16.61%), Vitamin A: 709.98IU (14.2%), Iron: 2.52mg (14.02%), Vitamin B2: 0.23mg (13.81%), Copper: 0.27mg (13.44%), Zinc: 1.99mg (13.3%), Potassium: 431.61mg (12.33%), Vitamin B6: 0.23mg (11.34%), Vitamin B1: 0.15mg (9.9%), Selenium: 6.87µg (9.81%), Vitamin C: 6.18mg (7.49%), Vitamin B12: 0.35µg (5.81%), Vitamin B5: 0.55mg (5.45%), Vitamin K: 2.16µg (2.06%)