



Chili-Cheese Black Bean Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 4 ounces extrasharp cheddar cheese shredded divided reduced-fat
- ☐ 0.5 teaspoon chili powder
- ☐ 12 6-inch corn tortillas ()
- ☐ 3 ounces cream cheese fat-free block-style softened
- ☐ 10 ounce enchilada sauce canned
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.8 cup bottled salsa
- ☐ 12 ounce soy crumbles frozen thawed (such as Morningstar Farms)

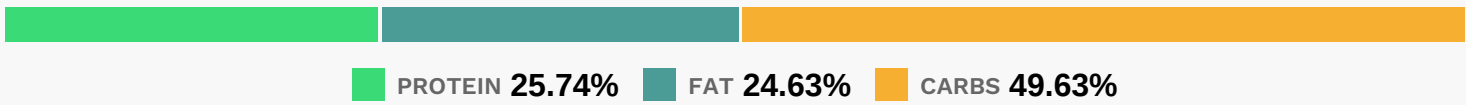
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion, and saut 4 minutes or until tender. Stir in cumin, oregano, chili powder, garlic, beans, and soy crumbles, and cook 2 minutes, stirring mixture frequently.
- ☐ Stir in salsa, and cook 1 minute.
- ☐ Remove from heat, and add cream cheese and 1/2 cup cheddar cheese, stirring until cheese melts.
- ☐ Warm tortillas according to package directions.
- ☐ Spread 1/3 cup enchilada sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Spoon about 1/3 cup black bean mixture down center of each tortilla, and roll up. Arrange enchiladas, seam sides down, crosswise in dish.
- ☐ Pour remaining enchilada sauce evenly over enchiladas, and sprinkle with 1/2 cup cheddar.
- ☐ Bake at 350 for 20 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:10.56, Inflammation Score:-7, Nutrition Score:24.186956260515%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 385.91kcal (19.3%), Fat: 10.84g (16.68%), Saturated Fat: 4.31g (26.97%), Carbohydrates: 49.16g (16.39%), Net Carbohydrates: 36.54g (13.29%), Sugar: 6.91g (7.68%), Cholesterol: 20.6mg (6.87%), Sodium: 1387.38mg (60.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.99%), Vitamin B12: 5.04µg (84.02%), Vitamin B1: 0.88mg (58.53%), Phosphorus: 531.86mg (53.19%), Fiber: 12.61g (50.45%), Vitamin B3: 8.26mg (41.3%), Vitamin B6: 0.72mg (35.91%), Iron: 5.66mg (31.43%), Calcium: 269.04mg (26.9%), Vitamin B2: 0.37mg (21.5%), Manganese: 0.43mg (21.32%), Magnesium: 78.23mg (19.56%), Zinc: 2.71mg (18.09%), Potassium: 591.79mg (16.91%), Selenium: 10.69µg (15.27%), Folate: 59.08µg (14.77%), Vitamin A: 726.64IU (14.53%), Copper: 0.26mg (13.05%), Vitamin C: 4.79mg (5.81%), Vitamin E: 0.79mg (5.26%), Vitamin B5: 0.48mg (4.75%), Vitamin K: 3.14µg (2.99%)