



## Chipotle Cheddar-Beef Enchiladas

READY IN



40 min.

SERVINGS



6

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup triple cheddar cheese shredded with a touch of philadelphia, divided kraft
- 1 chipotle pepper in adobo sauce canned minced
- 8 oz philadelphia cream cheese spread
- 1 lb extra-lean ground beef
- 12 6-inch flour tortillas ()
- 1 Tbsp cilantro leaves fresh chopped
- 0.5 cup regular corn frozen
- 2 Tbsp milk
- 1 cup salsa fresh divided

2 Tbsp taco bellâ® taco seasoning mix

## Equipment

frying pan

oven

baking pan

## Directions

Heat oven to 350F.

Mix cream cheese spread, peppers, taco seasoning and milk until blended. Brown meat in large nonstick skillet; drain. Return meat to skillet.

Add corn and 1/2 cup each cream cheese mixture, shredded cheese and salsa; mix well.

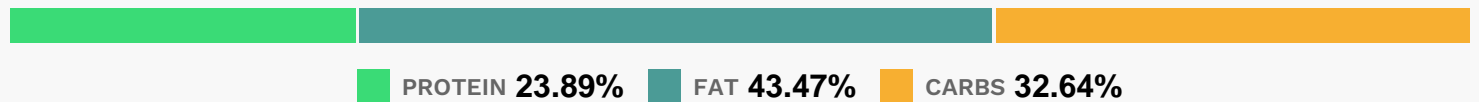
Spoon about 1/3 cup meat mixture down center of each tortilla; roll up.

Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray; top with remaining cream cheese mixture, salsa and shredded cheese. Cover.

Bake 20 min. or until heated through, uncovering for the last 5 min.

Sprinkle with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:9.58, Inflammation Score:-7, Nutrition Score:19.190434803133%

## Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 490.14kcal (24.51%), Fat: 23.52g (36.18%), Saturated Fat: 12.45g (77.83%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 36.06g (13.11%), Sugar: 5.68g (6.32%), Cholesterol: 89.74mg (29.91%), Sodium: 1148.23mg (49.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.08g (58.16%), Selenium: 32.46µg (46.37%), Phosphorus: 390.45mg (39.05%), Vitamin B3: 7.54mg (37.69%), Zinc: 5.06mg (33.74%), Vitamin B12: 1.92µg (32%), Calcium: 291.79mg (29.18%), Vitamin B1: 0.37mg (24.7%), Iron: 4.4mg (24.46%), Vitamin B2: 0.41mg

(23.94%), Vitamin B6: 0.45mg (22.44%), Manganese: 0.38mg (18.85%), Folate: 71.41µg (17.85%), Vitamin A: 851.94IU (17.04%), Fiber: 3.68g (14.73%), Potassium: 511.15mg (14.6%), Magnesium: 46.43mg (11.61%), Copper: 0.16mg (8.11%), Vitamin B5: 0.81mg (8.08%), Vitamin K: 7.04µg (6.71%), Vitamin E: 0.89mg (5.91%), Vitamin C: 2.23mg (2.7%), Vitamin D: 0.24µg (1.62%)