



Easy Enchilada Casserole

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



255 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 ounce black beans rinsed drained canned
- ☐ 11 ounce regular corn mexican-style drained canned
- ☐ 14.5 ounce canned tomatoes diced with jalapenos canned
- ☐ 1 teaspoon chili powder
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 10 ounce corn tortillas
- ☐ 19 ounce enchilada sauce canned
- ☐ 1 teaspoon ground cumin

- ☐ 1 medium onion chopped
- ☐ 12 ounces mexican four-cheese blend shredded
- ☐ 2 tablespoons vegetable oil

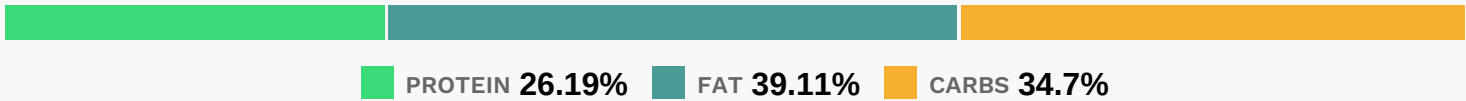
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Saute onion in hot oil in a large skillet over medium-high heat until tender. Stir in next 6 ingredients. Reduce heat to low, and cook, stirring often, 5 minutes or until thoroughly heated.
- ☐ Spoon one-third of sauce mixture in bottom of a lightly greased 13- x 9-inch baking dish.
- ☐ Layer with one-third of tortillas, half of chicken, and 1 cup cheese. Repeat layers with one-third each of sauce mixture and tortillas, remaining chicken, and 1 cup cheese. Top with remaining tortillas, sauce mixture, and 1 cup cheese.
- ☐ Bake at 350 for 15 to 20 minutes or until golden and bubbly.
- ☐ *2 pounds lean ground beef, cooked, may be substituted.

Nutrition Facts



Properties

Glycemic Index:8.03, Glycemic Load:4.37, Inflammation Score:-5, Nutrition Score:10.277826029321%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 255.03kcal (12.75%), Fat: 11.19g (17.22%), Saturated Fat: 4.81g (30.08%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 17.75g (6.45%), Sugar: 4.37g (4.86%), Cholesterol: 42.55mg (14.18%), Sodium: 667.39mg

(29.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.72%), Phosphorus: 265.59mg (26.56%), Calcium: 191.81mg (19.18%), Fiber: 4.59g (18.37%), Selenium: 12.07µg (17.24%), Vitamin B3: 3.23mg (16.15%), Vitamin B6: 0.24mg (12%), Iron: 2.02mg (11.25%), Magnesium: 44.93mg (11.23%), Zinc: 1.68mg (11.17%), Manganese: 0.22mg (10.99%), Vitamin B2: 0.18mg (10.76%), Vitamin A: 502.33IU (10.05%), Potassium: 331.79mg (9.48%), Folate: 34.78µg (8.69%), Copper: 0.17mg (8.54%), Vitamin B1: 0.11mg (7.39%), Vitamin C: 4.96mg (6.02%), Vitamin B12: 0.36µg (6%), Vitamin K: 5.53µg (5.27%), Vitamin B5: 0.49mg (4.91%), Vitamin E: 0.66mg (4.38%)