



Easy Oven Enchiladas

READY IN



55 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.5 cup milk
- ☐ 2 cups water hot
- ☐ 1 box enchilada sauce
- ☐ 11 oz flour tortilla for burritos (8 count
- ☐ 16 oz salsa
- ☐ 4 oz cheddar cheese shredded
- ☐ 3 tablespoons milk

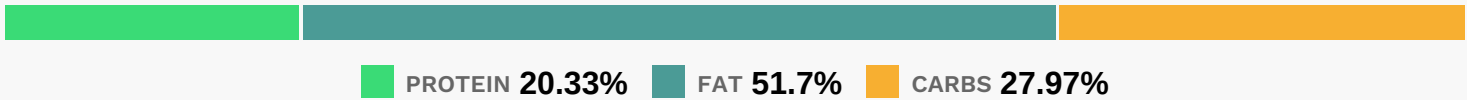
Equipment

- ☐ frying pan
- ☐ oven
- ☐ measuring cup
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Stir in 1/2 cup milk, hot water and contents of uncooked rice and sauce mix pouches (from Hamburger Helper box).
- ☐ Heat to boiling, stirring occasionally. Reduce heat; cover and simmer about 15 minutes, stirring occasionally, until rice is tender.
- ☐ Spoon 2/3 cup beef mixture on each tortilla.
- ☐ Roll up tortillas; place seam sides down and widthwise in ungreased 13x9-inch (3-quart) glass baking dish.
- ☐ Spread with salsa; sprinkle with cheese.
- ☐ Bake uncovered 15 to 20 minutes or until hot. In 1 cup glass measuring cup, stir 3 tablespoons milk and contents of topping mix pouch (from Hamburger Helper box) 30 seconds; drizzle over enchiladas.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:8.73, Inflammation Score:-6, Nutrition Score:17.941304445267%

Nutrients (% of daily need)

Calories: 466.86kcal (23.34%), Fat: 26.73g (41.13%), Saturated Fat: 11.48g (71.75%), Carbohydrates: 32.55g (10.85%), Net Carbohydrates: 29.36g (10.68%), Sugar: 6.22g (6.91%), Cholesterol: 75.91mg (25.3%), Sodium: 1068.68mg (46.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.3%), Selenium: 29.49µg (42.13%), Phosphorus: 365.38mg (36.54%), Vitamin B12: 1.97µg (32.81%), Vitamin B3: 6.38mg (31.89%), Zinc: 4.4mg (29.35%), Calcium: 280.88mg (28.09%), Vitamin B2: 0.4mg (23.79%), Vitamin B1: 0.34mg (22.76%), Vitamin B6: 0.44mg

(21.9%), Iron: 3.7mg (20.57%), Manganese: 0.35mg (17.64%), Folate: 61.14µg (15.29%), Potassium: 520.43mg (14.87%), Fiber: 3.18g (12.73%), Vitamin A: 598.45IU (11.97%), Magnesium: 44.86mg (11.21%), Vitamin E: 1.39mg (9.25%), Copper: 0.17mg (8.42%), Vitamin K: 8.82µg (8.4%), Vitamin B5: 0.8mg (7.99%), Vitamin D: 0.5µg (3.3%), Vitamin C: 1.44mg (1.75%)