



## Easy Oven Enchiladas

READY IN



55 min.

SERVINGS



6

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 6 8-inch flour tortilla for burritos (; from 11-oz package)
- ☐ 1 box hawaiian rolls
- ☐ 1 lb ground beef 80% lean (at least )
- ☐ 0.5 cup milk
- ☐ 3 tablespoons milk
- ☐ 16 oz salsa (any variety)
- ☐ 4 oz cheddar cheese shredded
- ☐ 2 cups water hot

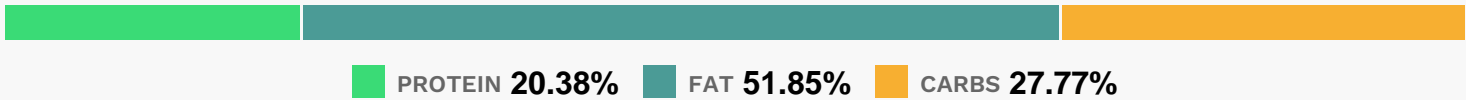
# Equipment

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

# Directions

- ☐ Heat oven to 350F. 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:33.17, Glycemic Load:8.63, Inflammation Score:-6, Nutrition Score:17.850869614145%

# Nutrients (% of daily need)

Calories: 464.28kcal (23.21%), Fat: 26.66g (41.02%), Saturated Fat: 11.45g (71.59%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 28.99g (10.54%), Sugar: 6.19g (6.87%), Cholesterol: 75.91mg (25.3%), Sodium: 1060.89mg (46.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.17%), Selenium: 29.32µg (41.88%), Phosphorus: 363.54mg (36.35%), Vitamin B12: 1.97µg (32.81%), Vitamin B3: 6.34mg (31.71%), Zinc: 4.4mg (29.32%), Calcium: 279.7mg (27.97%), Vitamin B2: 0.4mg (23.66%), Vitamin B1: 0.34mg (22.5%), Vitamin B6: 0.44mg (21.87%),

Iron: 3.67mg (20.4%), Manganese: 0.35mg (17.44%), Folate: 60.38µg (15.1%), Potassium: 519.42mg (14.84%), Fiber: 3.15g (12.6%), Vitamin A: 597.34IU (11.95%), Magnesium: 44.68mg (11.17%), Vitamin E: 1.39mg (9.26%), Copper: 0.17mg (8.38%), Vitamin K: 8.75µg (8.34%), Vitamin B5: 0.8mg (7.98%), Vitamin D: 0.5µg (3.3%), Vitamin C: 1.44mg (1.74%)