



WHATSheATE



Enchilada Bubble Bake

♥♥ Popular

READY IN



50 min.

SERVINGS



6

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 15 oz biscuits refrigerated canned
- ☐ 15 oz black beans drained canned
- ☐ 10 oz enchilada sauce red canned
- ☐ 8 oz tomato sauce canned
- ☐ 4 oz cheddar cheese shredded

Equipment

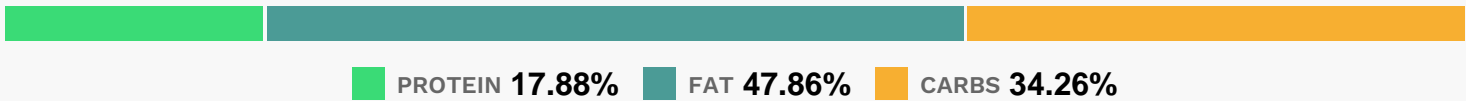
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ pizza cutter
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish or pan with cooking spray.
- ☐ In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until no longer pink.
- ☐ Drain, if necessary.
- ☐ Meanwhile, separate each can of dough into 10 biscuits. With pizza cutter, cut each biscuit into quarters.
- ☐ In large bowl, stir together beef, beans, enchilada sauce and tomato sauce. Stir in biscuit pieces.
- ☐ Spread mixture evenly in baking dish.
- ☐ Sprinkle cheese over top.
- ☐ Bake 25 to 30 minutes.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:22.39, Inflammation Score:-7, Nutrition Score:21.775652071704%

Nutrients (% of daily need)

Calories: 610.84kcal (30.54%), Fat: 32.52g (50.03%), Saturated Fat: 10.85g (67.79%), Carbohydrates: 52.38g (17.46%), Net Carbohydrates: 45.2g (16.44%), Sugar: 7.2g (8%), Cholesterol: 72.34mg (24.11%), Sodium: 1693.98mg (73.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.66%), Phosphorus: 593.73mg (59.37%), Selenium: 28.65µg (40.92%), Iron: 5.91mg (32.83%), Vitamin B12: 1.95µg (32.49%), Vitamin B3: 6.41mg (32.03%), Zinc: 4.53mg (30.23%), Vitamin B1: 0.45mg (29.85%), Vitamin B2: 0.49mg (28.74%), Fiber: 7.18g (28.73%), Folate:

104µg (26%), Manganese: 0.5mg (24.76%), Calcium: 202.98mg (20.3%), Potassium: 709.49mg (20.27%), Vitamin B6: 0.37mg (18.25%), Magnesium: 60.1mg (15.03%), Copper: 0.29mg (14.46%), Vitamin E: 1.84mg (12.25%), Vitamin A: 607.62IU (12.15%), Vitamin B5: 0.89mg (8.86%), Vitamin C: 5.5mg (6.67%), Vitamin K: 5.8µg (5.52%), Vitamin D: 0.17µg (1.13%)