



Enchilada Casserole

READY IN



30 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 4 8-inch flour tortillas whole-wheat ()
- ☐ 1 tablespoon garlic minced
- ☐ 1 pound ground sirloin
- ☐ 1 cup lower-sodium beef broth fat-free
- ☐ 1.5 ounces monterrey jack cheese shredded with jalapeño peppers
- ☐ 1 cup onion chopped
- ☐ 1 tablespoon 0%-less-sodium taco seasoning mix (such as Old El Paso)

☐ 8 ounce no-salt-added tomato sauce canned

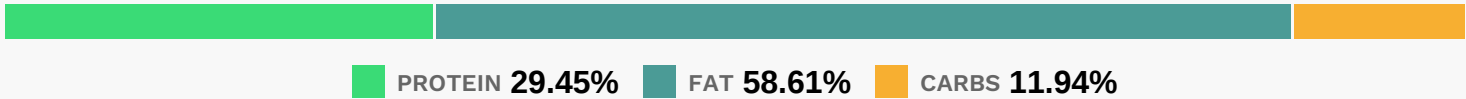
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add beef and onion to pan; cook 6 minutes, stirring to crumble.
- ☐ Preheat oven to 40
- ☐ Melt butter in a medium saucepan over medium-high heat.
- ☐ Add garlic; saut 1 minute.
- ☐ Sprinkle with flour; cook 30 seconds, stirring constantly.
- ☐ Add broth, taco seasoning, and tomato sauce to pan. Bring to a boil; cook 2 minutes, stirring occasionally.
- ☐ Add 1 1/2 cups tomato mixture to beef mixture; reserve 1/2 cup tomato mixture.
- ☐ Place 1 tortilla in a 9-inch pie plate. Top with 1 cup beef mixture. Repeat layers, ending with tortilla.
- ☐ Spread reserved tomato mixture over tortilla. Top with cheese.
- ☐ Bake at 400 for 10 minutes or until cheese melts. Cool slightly.
- ☐ Cut into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:3.56, Inflammation Score:-5, Nutrition Score:15.506086966266%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 359.7kcal (17.99%), Fat: 23.34g (35.91%), Saturated Fat: 10.53g (65.82%), Carbohydrates: 10.7g (3.57%), Net Carbohydrates: 8.83g (3.21%), Sugar: 3.92g (4.35%), Cholesterol: 94.1mg (31.37%), Sodium: 592.33mg (25.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.77%), Vitamin B12: 2.55µg (42.58%), Zinc: 5.66mg (37.76%), Selenium: 21.89µg (31.27%), Vitamin B3: 6.12mg (30.61%), Phosphorus: 278.53mg (27.85%), Vitamin B6: 0.53mg (26.73%), Potassium: 705.43mg (20.16%), Iron: 3.32mg (18.43%), Vitamin B2: 0.28mg (16.49%), Calcium: 118.68mg (11.87%), Manganese: 0.22mg (10.9%), Magnesium: 38.35mg (9.59%), Vitamin C: 7.83mg (9.5%), Vitamin A: 474.43IU (9.49%), Vitamin E: 1.36mg (9.09%), Vitamin B5: 0.9mg (9.03%), Copper: 0.17mg (8.72%), Vitamin B1: 0.11mg (7.5%), Fiber: 1.87g (7.49%), Folate: 27.17µg (6.79%), Vitamin K: 3.79µg (3.61%), Vitamin D: 0.18µg (1.18%)