



Enchilada Casserole

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 ounce black beans rinsed drained canned
- 11 ounce bell pepper with red and green peppers, drained canned
- 8.5 ounce corn muffin mix
- 0.5 cup egg substitute
- 10 ounce enchilada sauce canned
- 0.3 cup cilantro leaves fresh chopped
- 1.5 teaspoons cilantro leaves fresh thinly sliced
- 3 tablespoons chilis diced green divided
- 0.3 cup spring onion chopped

- 6 ounces cheddar cheese shredded reduced-fat
- 6 tablespoons cream sour low-fat
- 2 tablespoons roasted peppers red chopped
- 0.5 cup salsa

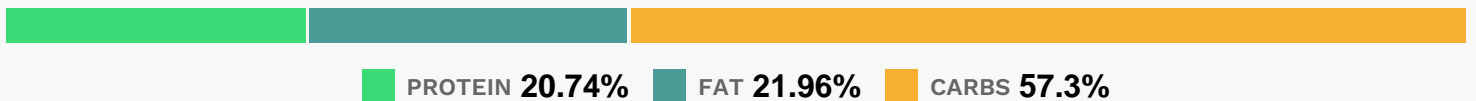
Equipment

- bowl
- slow cooker

Directions

- Place 2 tablespoons green chiles and next 6 ingredients (through enchilada sauce) in a 3 1/2-quart electric slow cooker; stir well. Cover with lid; cook on low-heat setting 4 hours.
- Combine remaining 1 tablespoon green chiles, egg substitute, muffin mix, and roasted bell peppers in a bowl. Spoon batter evenly over bean mixture in slow cooker. Cover and cook 1 hour or until corn bread is done.
- Sprinkle cheese over corn bread. Cover and cook 5 minutes or until cheese melts. Top each serving with sour cream; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.22, Inflammation Score:-8, Nutrition Score:19.055652037911%

Flavonoids

Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg, Luteolin: 2.45mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 346.87kcal (17.34%), Fat: 8.54g (13.14%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 50.12g (16.71%), Net Carbohydrates: 40.23g (14.63%), Sugar: 14.07g (15.63%), Cholesterol: 10.96mg (3.65%), Sodium: 1475.12mg (64.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.28%), Vitamin C: 51.13mg (61.98%), Phosphorus: 454.08mg (45.41%), Fiber: 9.89g (39.57%), Folate: 102.22µg (25.56%), Selenium: 16.18µg (23.11%),

Vitamin B1: 0.34mg (22.99%), Vitamin B2: 0.38mg (22.25%), Calcium: 216.32mg (21.63%), Iron: 3.64mg (20.21%), Manganese: 0.4mg (20%), Vitamin A: 926.82IU (18.54%), Vitamin K: 17.8µg (16.96%), Vitamin B6: 0.31mg (15.4%), Potassium: 528.05mg (15.09%), Magnesium: 53.48mg (13.37%), Vitamin B3: 2.43mg (12.14%), Copper: 0.24mg (12.11%), Zinc: 1.53mg (10.2%), Vitamin B5: 0.82mg (8.18%), Vitamin E: 0.93mg (6.21%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.37µg (2.48%)