



Enchilada Casserole III



Gluten Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



466 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 ounce corn tortillas
- ☐ 1.5 ounce enchilada sauce mix dry
- ☐ 1 teaspoon garlic salt
- ☐ 1.5 pounds ground beef
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 0.5 teaspoon onion powder
- ☐ 16 ounce refried beans canned
- ☐ 1 cup cheddar cheese shredded

- ☐ 6 ounce tomato paste canned
- ☐ 0.8 cup water

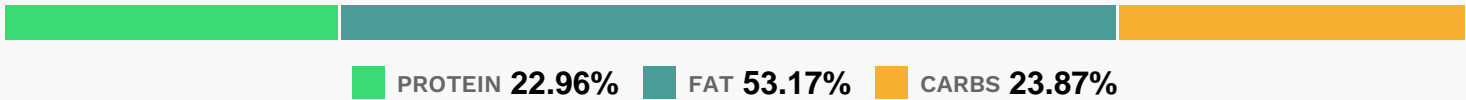
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a medium bowl, mix the dry enchilada sauce according to package directions, replacing tomato sauce with the tomato paste and water
- ☐ In a large skillet, brown the ground beef with garlic salt and onion powder; drain fat.
- ☐ Mix refried beans and 1/2 cup of the prepared enchilada sauce with the meat.
- ☐ Dip enough corn tortillas to cover the bottom of a 3 quart casserole dish in the remaining enchilada sauce. Arrange tortillas in the dish. Spoon in half of the meat mixture, covering the tortillas.
- ☐ Spread half of the Cheddar and Monterey Jack cheeses over the meat. Cover with another layer tortillas dipped in enchilada sauce. Spoon in remaining meat mixture and top with a final layer of tortillas dipped in enchilada sauce.
- ☐ Pour any remaining sauce over the layers and top with remaining cheese.
- ☐ Cover and bake in preheated oven for 20 minutes.
- ☐ Remove from oven and let sit for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:22.69, Glycemic Load:10.25, Inflammation Score:-4, Nutrition Score:15.196956551593%

Nutrients (% of daily need)

Calories: 466.39kcal (23.32%), Fat: 27.36g (42.1%), Saturated Fat: 12.14g (75.86%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 22.07g (8.02%), Sugar: 3.21g (3.56%), Cholesterol: 87.08mg (29.03%), Sodium: 945.3mg (41.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.59g (53.19%), Phosphorus: 402.52mg (40.25%), Vitamin B12: 2.09µg (34.78%), Zinc: 5.12mg (34.13%), Selenium: 21.54µg (30.78%), Calcium: 282.25mg (28.23%), Vitamin B3: 4.51mg (22.57%), Fiber: 5.57g (22.29%), Vitamin B6: 0.42mg (21.08%), Iron: 3.12mg (17.35%), Vitamin B2: 0.28mg (16.59%), Magnesium: 57.33mg (14.33%), Potassium: 394.63mg (11.28%), Manganese: 0.19mg (9.57%), Copper: 0.17mg (8.5%), Vitamin A: 379.23IU (7.58%), Vitamin B1: 0.1mg (6.62%), Vitamin B5: 0.62mg (6.21%), Vitamin E: 0.88mg (5.84%), Folate: 16.43µg (4.11%), Vitamin K: 3.36µg (3.2%), Vitamin C: 2.09mg (2.54%), Vitamin D: 0.25µg (1.7%)