



 **39%**
HEALTH SCORE

Enchilada Pasta Bake

READY IN



50 min.

SERVINGS



6

CALORIES



614 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounce black beans rinsed canned
- 14 ounce canned tomatoes diced undrained canned
- 2 cups cheese shredded kraft
- 2 cups roasted chicken cooked chopped
- 0.3 cup cilantro leaves fresh divided chopped
- 3 spring onion divided thinly sliced
- 2 teaspoons cooking oil
- 4.5 cups shells uncooked
- 1 bell pepper red chopped

- 35 gram taco seasoning
- 1 onion yellow chopped

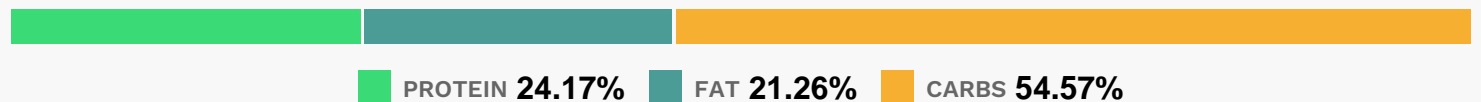
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 375 degrees F.
- Cook pasta as directed on package, omitting salt. Meanwhile, heat oil in large nonstick skillet on medium heat.
- Add yellow onions and peppers; cook 3 to 5 min. or until crisp-tender, stirring frequently. Stir in seasoning mix and tomatoes; cook and stir 3 min.
- Add chicken, beans and half each of the green onions and cilantro; mix well.
- Remove from heat.
- Drain pasta.
- Add to chicken mixture; mix lightly.
- Pour into 13x9-inch baking dish; top with cheese.
- Bake 20 to 25 min. or until pasta mixture is heated through and cheese is melted.
- Sprinkle with remaining green onions and cilantro.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:27.79, Inflammation Score:-9, Nutrition Score:29.686956488568%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg,

Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 614.04kcal (30.7%), Fat: 14.54g (22.37%), Saturated Fat: 6.2g (38.75%), Carbohydrates: 83.99g (28%), Net Carbohydrates: 72.57g (26.39%), Sugar: 8.15g (9.06%), Cholesterol: 64.49mg (21.5%), Sodium: 835.09mg (36.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.2g (74.4%), Selenium: 66.57µg (95.1%), Manganese: 1.18mg (59.04%), Phosphorus: 490.41mg (49.04%), Fiber: 11.42g (45.67%), Vitamin C: 36.82mg (44.63%), Folate: 142.61µg (35.65%), Vitamin A: 1706.07IU (34.12%), Vitamin B3: 6.39mg (31.95%), Magnesium: 122.2mg (30.55%), Vitamin B6: 0.54mg (27.06%), Copper: 0.52mg (26.21%), Calcium: 260.75mg (26.08%), Zinc: 3.88mg (25.9%), Iron: 4.58mg (25.42%), Potassium: 820.94mg (23.46%), Vitamin B1: 0.34mg (22.78%), Vitamin K: 21.61µg (20.58%), Vitamin B2: 0.32mg (18.87%), Vitamin B12: 0.99µg (16.44%), Vitamin B5: 1.27mg (12.68%), Vitamin E: 1.59mg (10.57%)