



Enchiladas

READY IN



35 min.

SERVINGS



10

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 flour tortillas warmed
- 1 pound ground beef
- 16 ounce picante sauce pace®
- 2 cups cheese shredded

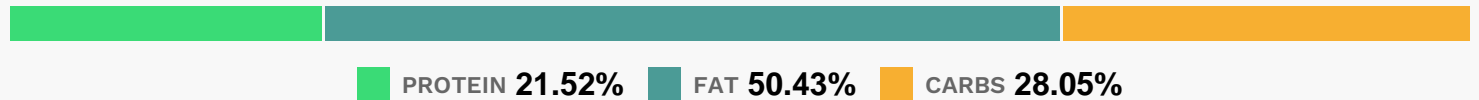
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat the oven to 350 degrees F.
- Cook the beef in a 10-inch skillet over medium high heat until well browned.
- Pour off any fat. Stir in 1/2 cup sauce and 1 cup cheese.
- Spread 1/2 cup sauce in 13 x 9 x 2-inch baking dish.
- Spoon about 2 tablespoon meat mixture down center of each tortilla.
- Roll up and place seam-side down in prepared dish. Top with remaining sauce and cheese.
- Bake for 20 minutes until the cheese melts. Makes 10 to 12 enchiladas.

Nutrition Facts



Properties

Glycemic Index:6.1, Glycemic Load:5.75, Inflammation Score:-4, Nutrition Score:11.491739102032%

Nutrients (% of daily need)

Calories: 305.73kcal (15.29%), Fat: 17.04g (26.22%), Saturated Fat: 7.49g (46.79%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 19.26g (7%), Sugar: 3.29g (3.66%), Cholesterol: 49.9mg (16.63%), Sodium: 733.36mg (31.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.36g (32.72%), Selenium: 19.05µg (27.21%), Vitamin B12: 1.48µg (24.69%), Phosphorus: 239.64mg (23.96%), Vitamin B3: 4.04mg (20.2%), Zinc: 2.83mg (18.88%), Calcium: 186.55mg (18.65%), Vitamin B1: 0.22mg (14.88%), Vitamin B2: 0.25mg (14.5%), Iron: 2.48mg (13.75%), Vitamin B6: 0.26mg (12.79%), Manganese: 0.24mg (12.02%), Folate: 40.4µg (10.1%), Potassium: 301.52mg (8.61%), Fiber: 2.08g (8.31%), Vitamin A: 369.15IU (7.38%), Magnesium: 26.92mg (6.73%), Vitamin K: 5.83µg (5.55%), Vitamin E: 0.78mg (5.21%), Copper: 0.1mg (4.85%), Vitamin B5: 0.41mg (4.1%), Vitamin C: 0.86mg (1.04%)