



Healthified Beef Enchilada Pie

 Popular

READY IN



55 min.

SERVINGS



6

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 oz chilis green drained chopped old el paso® canned
- ☐ 1 teaspoon chili powder
- ☐ 1 lb ground beef 93% (at least)
- ☐ 5 flour tortilla for burritos (from 11 oz package old el paso®)
- ☐ 0.5 cup corn green frozen thawed drained giant® niblets®
- ☐ 1 teaspoon ground cumin
- ☐ 4 oz reduced fat mexican blend cheese shredded reduced-fat
- ☐ 0.5 cup onion chopped

☐ 10 oz enchilada sauce red old el paso® canned

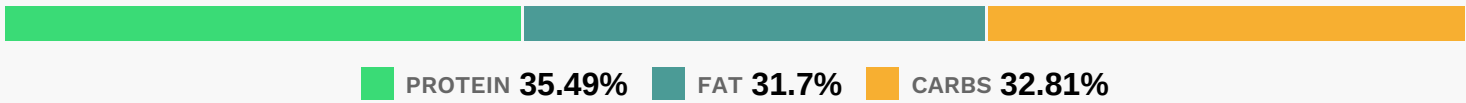
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In 12-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Reserve 1/4 cup enchilada sauce; set aside.
- ☐ Add remaining enchilada sauce, corn and chiles to beef mixture. Stir in cumin and chili powder. Reduce heat to medium-low; simmer uncovered 5 minutes.
- ☐ Spray 9-inch round (2-quart) glass baking dish with cooking spray.
- ☐ Place 1 tortilla in casserole; top with about 3/4 cup of the beef mixture and 3 tablespoons of the cheese. Repeat layers 3 times. Top with remaining tortilla, the reserved enchilada sauce and the remaining cheese.
- ☐ Bake, uncovered, 30 to 40 minutes or until hot and cheese is melted. Cool 5 minutes.
- ☐ Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:4.18, Inflammation Score:-6, Nutrition Score:15.296087275381%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 277.73kcal (13.89%), Fat: 9.74g (14.99%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 19.9g (7.23%), Sugar: 4.78g (5.31%), Cholesterol: 58.59mg (19.53%), Sodium: 881.87mg (38.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.55g (49.1%), Vitamin B12: 2.01µg (33.45%), Phosphorus: 332.2mg (33.22%), Zinc: 4.96mg (33.08%), Selenium: 21.98µg (31.41%), Vitamin B3: 5.7mg (28.52%), Calcium: 276.12mg (27.61%), Iron: 3.7mg (20.54%), Vitamin B6: 0.4mg (20.08%), Vitamin B2: 0.28mg (16.19%), Folate: 50.7µg (12.68%), Vitamin B1: 0.19mg (12.52%), Vitamin C: 10.22mg (12.39%), Potassium: 406.78mg (11.62%), Fiber: 2.8g (11.21%), Vitamin A: 556.58IU (11.13%), Manganese: 0.19mg (9.34%), Magnesium: 37.05mg (9.26%), Vitamin B5: 0.6mg (6.04%), Copper: 0.11mg (5.33%), Vitamin K: 2.75µg (2.62%), Vitamin E: 0.38mg (2.56%), Vitamin D: 0.15µg (1.01%)