

Hearty Beef Enchiladas

 Vegetarian

READY IN



50 min.

SERVINGS



28

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 servings canola oil
- 64 ounces chili beans sauce undrained canned
- 40 ounces enchilada sauce divided canned
- 28 8-inch flour tortilla (es)
- 4.5 ounces olives ripe drained sliced canned
- 4 medium onion chopped
- 16 ounces salsa divided
- 16 ounces cheddar cheese shredded

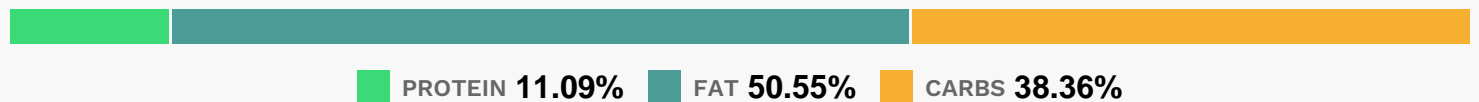
Equipment

- frying pan
- paper towels
- oven
- pot

Directions

- In a stock pot, cook beef and onions over medium heat until meat is no longer pink; drain. Stir in the beans, two cans of enchilada sauce and 1 cup salsa; set aside.
- In a small skillet, heat 1/4 in. of oil. Dip each tortilla in hot oil for 3 seconds on each side or just until limp; drain on paper towels.
- Top each tortilla with 2/3 cup beef mixture.
- Roll up and place seam side down in four greased 13-in. x 9-in. baking dishes.
- Drizzle with remaining enchilada sauce and salsa.
- Sprinkle with cheese and olives.
- Bake, uncovered, at 350° for 20–25 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:3.14, Glycemic Load:8.39, Inflammation Score:-6, Nutrition Score:14.067826006723%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 442.56kcal (22.13%), Fat: 24.97g (38.42%), Saturated Fat: 5.83g (36.41%), Carbohydrates: 42.65g (14.22%), Net Carbohydrates: 36.74g (13.36%), Sugar: 9.36g (10.4%), Cholesterol: 16.2mg (5.4%), Sodium: 1480.2mg (64.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.65%), Phosphorus: 288.97mg (28.9%),

Selenium: 17.07µg (24.38%), Fiber: 5.9g (23.62%), Calcium: 219.6mg (21.96%), Vitamin E: 3.08mg (20.55%), Vitamin B1: 0.3mg (20.07%), Iron: 3.45mg (19.16%), Vitamin B2: 0.32mg (18.95%), Folate: 71.96µg (17.99%), Zinc: 2.22mg (14.81%), Manganese: 0.29mg (14.61%), Vitamin K: 15.11µg (14.39%), Vitamin B3: 2.71mg (13.53%), Vitamin B6: 0.26mg (13.25%), Potassium: 434.47mg (12.41%), Magnesium: 49.26mg (12.31%), Copper: 0.24mg (12.19%), Vitamin A: 536.21IU (10.72%), Vitamin C: 3.38mg (4.1%), Vitamin B12: 0.18µg (2.97%), Vitamin B5: 0.2mg (2.04%)