



Layered Chicken-Black Bean Enchiladas

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans rinsed drained canned
- 4.5 oz chilis green undrained chopped canned
- 6 oz colby cheese shredded
- 8 6-inch corn tortillas (5 or)
- 10 oz enchilada sauce canned
- 2 tablespoons cilantro leaves fresh chopped
- 2 cups rotisserie chicken cut chopped (from 2- to 2 1/2-lb chicken)
- 8 oz cream sour

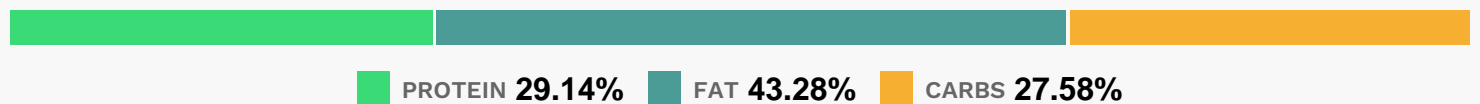
Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 375F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In medium bowl, mix chicken, cilantro, black beans and chiles.
- Spread 2 tablespoons of the enchilada sauce in bottom of baking dish.
- Place 4 tortillas over sauce, overlapping as necessary. Spoon half of the chicken mixture over tortillas; sprinkle with 1/2 cup of the cheese. Spoon half of the remaining enchilada sauce and half of the sour cream randomly over cheese. Repeat with remaining tortillas, chicken mixture, 1/2 cup cheese, the enchilada sauce and sour cream.
- Cover with foil.
- Bake 30 to 35 minutes or until hot.
- Sprinkle with remaining 1/2 cup cheese.
- Bake uncovered 5 minutes longer or until cheese is melted.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:6.71, Inflammation Score:-7, Nutrition Score:12.540434847707%

Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 495.11kcal (24.76%), Fat: 24.13g (37.12%), Saturated Fat: 11.47g (71.7%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 26.37g (9.59%), Sugar: 4.91g (5.45%), Cholesterol: 124.94mg (41.65%), Sodium: 1238.48mg (53.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.55g (73.1%), Phosphorus: 346.08mg (34.61%), Fiber: 8.24g (32.97%), Calcium: 293mg (29.3%), Vitamin A: 871.75IU (17.44%), Vitamin B2: 0.28mg (16.71%), Folate: 63.9µg (15.98%), Magnesium: 61.8mg (15.45%), Iron: 2.58mg (14.35%), Manganese: 0.29mg (14.31%), Vitamin C: 10.51mg (12.74%), Zinc: 1.85mg (12.34%), Selenium: 8.61µg (12.3%), Potassium: 390.75mg (11.16%), Copper: 0.21mg (10.42%), Vitamin B1: 0.15mg (9.72%), Vitamin B6: 0.18mg (8.93%), Vitamin B3: 1.16mg (5.78%), Vitamin B12: 0.31µg (5.24%), Vitamin B5: 0.37mg (3.73%), Vitamin E: 0.32mg (2.16%), Vitamin K: 1.75µg (1.66%), Vitamin D: 0.17µg (1.13%)