



## Mexican Lasagna (or Enchilada Casserole)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tsp chili powder divided
- 3 cups black beans rinsed cooked drained canned (2 cans and )
- 12 corn tortillas
- 0.5 tsp cumin divided
- 1 can enchilada sauce homemade (or)
- 2 cloves garlic minced
- 0.5 large bell pepper green chopped
- 0.5 jalapeno finely chopped

- 1 large onion chopped
- 0.5 large bell pepper red chopped
- 28 ounces refried beans
- 1 cup salsa
- 2 medium tomatoes diced

## Equipment

- oven
- baking pan

## Directions

- Add the black beans, tomatoes, chili powder, and cumin. Set aside. Spray a 9 X 13-inch baking pan with non-stick spray. Line the bottom with a layer of tortillas (you may cut some of them to fit). Make sure you cover the entire bottom of the pan.
- Combine the refried beans and salsa and heat until bubbly.
- Spread half of them evenly over the tortillas. Cover the refried beans with half of the black bean mixture.
- Add another layer of tortillas and repeat the layers of refried beans and black beans. Cover with a final layer of tortillas, pour the enchilada sauce over the top, and sprinkle with black olives (if desired). Cover and bake for about 30 minutes or until hot throughout. It will be easier to cut if you allow it to cool for about 10 minutes before serving.

## Nutrition Facts

 **PROTEIN 19.77%**  **FAT 5.78%**  **CARBS 74.45%**

## Properties

Glycemic Index:36.69, Glycemic Load:13.96, Inflammation Score:-8, Nutrition Score:15.060434828634%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

## Nutrients (% of daily need)

Calories: 266.66kcal (13.33%), Fat: 1.73g (2.67%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 50.2g (16.73%), Net Carbohydrates: 36.13g (13.14%), Sugar: 6.42g (7.13%), Cholesterol: 0mg (0%), Sodium: 811.92mg (35.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.67%), Fiber: 14.07g (56.28%), Vitamin C: 28.86mg (34.99%), Folate: 113.64µg (28.41%), Manganese: 0.56mg (27.84%), Phosphorus: 243.7mg (24.37%), Magnesium: 86.9mg (21.72%), Vitamin A: 970.37IU (19.41%), Iron: 3.22mg (17.9%), Vitamin B1: 0.24mg (16.02%), Potassium: 539.18mg (15.41%), Vitamin B6: 0.31mg (15.38%), Copper: 0.26mg (12.85%), Calcium: 103.72mg (10.37%), Zinc: 1.45mg (9.68%), Vitamin B3: 1.69mg (8.45%), Vitamin E: 1.04mg (6.93%), Vitamin B2: 0.1mg (5.96%), Vitamin K: 5.67µg (5.4%), Selenium: 3.73µg (5.34%), Vitamin B5: 0.37mg (3.68%)