



## No-Roll Mexican Rice Enchiladas

READY IN



65 min.

SERVINGS



5

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6.4 oz vermicelli spanish with seasonings
- 2 tablespoons butter
- 2.3 cups water
- 19 oz enchilada sauce red canned
- 16 oz pinto beans rinsed drained canned
- 11 oz corn southwestern style drained canned
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 8 oz cheddar cheese shredded finely

## Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, cook rice and vermicelli with butter over medium heat until rice mixture is golden brown, stirring frequently. Stir in water and seasoning mix from rice box.
- Heat to boiling. Cover; reduce heat to low. Cook 15 to 20 minutes or until rice mixture is tender. Stir in 1/2 cup of the enchilada sauce, the pinto beans and corn.
- Heat oven to 350°F.
- Place about 1/2 cup rice mixture on center of each tortilla; top rice mixture in each tortilla with about 1 tablespoon of the cheese. Fold each in half. Arrange tortillas in 2 rows of 5 in baking dish, placing tortillas open end up, slanting and overlapping.
- Pour remaining enchilada sauce evenly over enchiladas. Cover tightly with foil.
- Bake 30 to 35 minutes or until hot and sauce begins to bubble. Uncover; sprinkle with remaining cheese.
- Bake uncovered about 5 minutes longer or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:27.4, Glycemic Load:28.76, Inflammation Score:-8, Nutrition Score:17.873043309087%

## Nutrients (% of daily need)

Calories: 640.64kcal (32.03%), Fat: 22.75g (35.01%), Saturated Fat: 10.3g (64.39%), Carbohydrates: 84.88g (28.29%), Net Carbohydrates: 76.67g (27.88%), Sugar: 10.39g (11.55%), Cholesterol: 43.09mg (14.36%), Sodium:

2020.49mg (87.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.1g (46.2%), Phosphorus: 460.29mg (46.03%), Calcium: 422.09mg (42.21%), Manganese: 0.74mg (37.19%), Fiber: 8.21g (32.85%), Selenium: 22.65µg (32.36%), Vitamin A: 1217.78IU (24.36%), Iron: 4.33mg (24.04%), Folate: 90.6µg (22.65%), Vitamin B1: 0.31mg (20.84%), Vitamin B2: 0.31mg (18.09%), Zinc: 2.57mg (17.16%), Magnesium: 63.95mg (15.99%), Vitamin B3: 2.92mg (14.59%), Copper: 0.27mg (13.57%), Potassium: 432.64mg (12.36%), Vitamin B12: 0.56µg (9.39%), Vitamin B6: 0.13mg (6.41%), Vitamin K: 6.39µg (6.08%), Vitamin E: 0.8mg (5.36%), Vitamin C: 3.86mg (4.68%), Vitamin B5: 0.34mg (3.36%), Vitamin D: 0.23µg (1.51%)