



Pinto Beans Enchilada Stack

READY IN



40 min.

SERVINGS



6

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 10-inch burrito-size flour tortillas ()
- ☐ 15 oz pinto beans drained and rinsed canned
- ☐ 10 oz enchilada sauce canned
- ☐ 1 pound ground beef lean
- ☐ 6 servings toppings: plum tomatoes fresh sour chopped
- ☐ 16 oz refried beans canned
- ☐ 10 oz mexican four-cheese blend shredded divided
- ☐ 1.3 oz taco seasoning

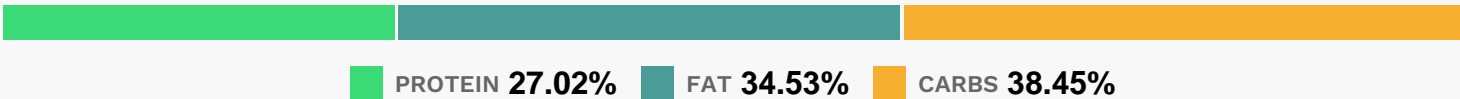
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Cook ground beef in a large skillet over medium-high heat, stirring often, 6 to 7 minutes or until meat crumbles and is no longer pink.
- ☐ Add taco seasoning and 1/3 cup water, and cook 1 to 2 minutes or until thickened.
- ☐ Stir together refried beans and pinto beans.
- ☐ Place 1 tortilla on a lightly greased aluminum foil-lined jelly-roll pan. Top tortilla with half of meat mixture and 1/2 cup cheese; top with another tortilla, half of refried bean mixture, half of enchilada sauce, and 1/2 cup cheese. Top with another tortilla, and repeat layers once. Top with remaining tortilla.
- ☐ Bake at 425 for 16 to 18 minutes or until thoroughly heated and browned. Top tortilla with remaining 1/2 cup cheese; and bake 2 to 3 minutes or until cheese is melted.
- ☐ Cut into wedges, and serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:14.44, Inflammation Score:-8, Nutrition Score:24.11260864009%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 590.17kcal (29.51%), Fat: 22.31g (34.32%), Saturated Fat: 11.52g (72%), Carbohydrates: 55.89g (18.63%), Net Carbohydrates: 45.49g (16.54%), Sugar: 9.64g (10.72%), Cholesterol: 91.76mg (30.59%), Sodium: 2276.87mg

(98.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.28g (78.57%), Phosphorus: 542.25mg (54.22%), Selenium: 33.25µg (47.5%), Calcium: 461.7mg (46.17%), Fiber: 10.4g (41.61%), Zinc: 5.98mg (39.85%), Vitamin B12: 2.27µg (37.91%), Iron: 6.6mg (36.68%), Vitamin B3: 6.98mg (34.91%), Manganese: 0.53mg (26.63%), Vitamin B2: 0.45mg (26.35%), Vitamin A: 1251.66IU (25.03%), Vitamin B1: 0.37mg (24.83%), Vitamin B6: 0.41mg (20.64%), Folate: 81.92µg (20.48%), Potassium: 572.63mg (16.36%), Magnesium: 64.78mg (16.19%), Copper: 0.25mg (12.3%), Vitamin B5: 0.8mg (7.96%), Vitamin K: 7.18µg (6.83%), Vitamin C: 4.24mg (5.13%), Vitamin E: 0.74mg (4.93%), Vitamin D: 0.31µg (2.08%)