



# Pork and Plantain Enchiladas with Black Bean Puree

 **Gluten Free**

READY IN



**104 min.**

SERVINGS



**6**

CALORIES



**606 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 15 ounce black beans organic rinsed drained canned
- 2 tablespoons canola oil divided
- 1 cup cilantro leaves
- 12 6-inch corn tortillas ()
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- 2 garlic clove divided chopped
- 0.5 teaspoon ground cumin
- 0.6 teaspoon ground pepper red divided
- 1 pound pork tenderloins trimmed
- 1 tablespoon juice of lime fresh
- 1.3 cups beef broth fat-free divided
- 1.5 cups monterrey jack cheese shredded
- 1.7 cups onion divided chopped
- 0.5 teaspoon oregano dried
- 1 plantains black soft peeled coarsely chopped
- 0.5 teaspoon salt divided
- 1 serrano chiles seeded thinly sliced
- 0.8 pound tomatillos husked rinsed coarsely chopped ( 6 large)

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender
- baking pan
- measuring cup

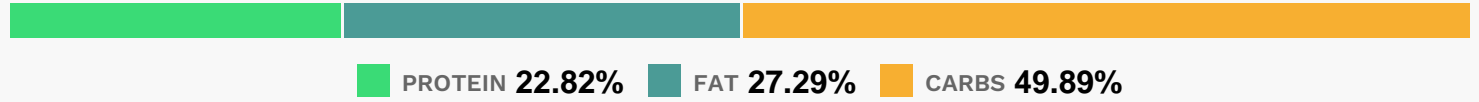
## Directions

- Preheat oven to 35
- Combine cumin, oregano, 1/2 teaspoon ground red pepper, and 1/4 teaspoon salt; rub evenly over pork.
- Heat a large ovenproof skillet over medium-high heat.
- Add 2 teaspoons oil to pan, and swirl to coat.

- Add pork, and cook 5 minutes, browning on all sides.
- Place pan in oven, and bake at 350 for 20 minutes or until pork is done.
- Remove pork from pan; let rest 15 minutes.
- Cut pork into 1/2-inch pieces.
- Combine 1 cup onion, 1 cup broth, tomatillos, 1 garlic clove, and serrano in a medium saucepan. Bring to a boil; reduce heat, and simmer 15 minutes or until tomatillos are tender. Cool for 10 minutes.
- Combine tomatillo mixture, cilantro, lime juice, and 1/4 teaspoon salt in a blender; process until smooth.
- Pour into a large measuring cup.
- Place skillet over medium heat.
- Add 1 teaspoon canola oil to pan; swirl to coat.
- Add the remaining 2/3 cup onion; cook for 3 minutes or until tender, stirring frequently.
- Add remaining garlic clove; cook for 30 seconds, stirring constantly.
- Add remaining 1/3 cup broth, and cook for 1 minute, scraping pan to loosen browned bits.
- Add black beans; cook 2 minutes, stirring frequently. Cool slightly.
- Place black bean mixture in blender. Pulse 15 times, scraping occasionally until mixture is a thick puree.
- Heat a medium nonstick skillet over medium-high heat.
- Add the remaining 1 tablespoon oil to pan; swirl to coat.
- Combine remaining 1/8 teaspoon red pepper, brown sugar, and plantain in a medium bowl, tossing to coat plantain.
- Add plantain mixture to pan; saut for 3 minutes or until golden brown, stirring frequently. Cool slightly; finely chop.
- Combine pork and plantain mixture in a medium bowl.
- Spread 1/3 cup tomatillo mixture in the bottom of a 13 x 9 inch glass or ceramic baking dish coated with cooking spray.
- Heat tortillas according to package directions.
- Spread about 1 1/2 tablespoons black bean puree down center of each tortilla; top with about 2 tablespoons pork mixture.

- Sprinkle each tortilla with 1 tablespoon cheese; roll up.
- Place seam-side down in baking dish.
- Pour remaining tomatillo mixture over filled tortillas; sprinkle with remaining cheese.
- Bake at 350 for 25 minutes or until cheese melts and filling is thoroughly heated.

## Nutrition Facts



### Properties

Glycemic Index:43.17, Glycemic Load:21.21, Inflammation Score:-8, Nutrition Score:31.775217253229%

### Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg, Isorhamnetin: 2.23mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg, Quercetin: 10.62mg

### Nutrients (% of daily need)

Calories: 605.74kcal (30.29%), Fat: 18.87g (29.03%), Saturated Fat: 6.9g (43.14%), Carbohydrates: 77.61g (25.87%), Net Carbohydrates: 63.54g (23.11%), Sugar: 11.83g (13.14%), Cholesterol: 74.28mg (24.76%), Sodium: 825.93mg (35.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.49g (70.98%), Phosphorus: 765.11mg (76.51%), Vitamin B1: 1.03mg (68.44%), Fiber: 14.07g (56.28%), Vitamin B6: 1.06mg (53.21%), Selenium: 35.82µg (51.18%), Vitamin B3: 8.47mg (42.35%), Magnesium: 157.11mg (39.28%), Manganese: 0.76mg (37.77%), Potassium: 1240.02mg (35.43%), Calcium: 348.46mg (34.85%), Vitamin B2: 0.59mg (34.46%), Zinc: 4.33mg (28.84%), Vitamin K: 28.16µg (26.82%), Iron: 4.45mg (24.74%), Vitamin C: 19.73mg (23.92%), Copper: 0.47mg (23.63%), Folate: 75.3µg (18.83%), Vitamin A: 907.1IU (18.14%), Vitamin B5: 1.2mg (12.01%), Vitamin E: 1.75mg (11.67%), Vitamin B12: 0.62µg (10.33%), Vitamin D: 0.32µg (2.14%)