



Rice & bean enchiladas

READY IN



40 min.

SERVINGS



2

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g rice
- ☐ 1 tsp cajun spice
- ☐ 1 bunch spring onion chopped
- ☐ 2 large flour tortilla
- ☐ 415 g refried beans canned
- ☐ 200 g salsa
- ☐ 150 g yogurt fat-free
- ☐ 25 g cheese grated

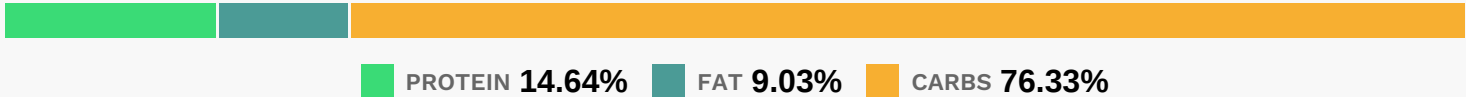
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the rice following the pack instructions, then stir in the Cajun seasoning and most of the spring onions.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Spread the tortillas with the refried beans, then top with rice.
- ☐ Spread half the salsa on the base of a baking dish.
- ☐ Roll up the wraps, arrange on top of the salsa, dot over half the yogurt and sprinkle over the cheese. Cook for 30 mins until golden and bubbling.
- ☐ Serve sprinkled with the rest of the spring onions, with the remaining yogurt and salsa on the side.

Nutrition Facts



Properties

Glycemic Index:104.09, Glycemic Load:70.5, Inflammation Score:-8, Nutrition Score:25.927825969198%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 816.16kcal (40.81%), Fat: 7.97g (12.26%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 151.54g (50.51%), Net Carbohydrates: 137.63g (50.05%), Sugar: 16.46g (18.29%), Cholesterol: 14mg (4.67%), Sodium: 2218.38mg (96.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.11%), Manganese: 1.66mg (83.18%), Fiber: 13.9g (55.61%), Selenium: 32.85µg (46.92%), Calcium: 424.17mg (42.42%), Phosphorus: 420.6mg (42.06%), Vitamin K: 32.7µg (31.14%), Vitamin A: 1468.79IU (29.38%), Iron: 4.88mg (27.14%), Vitamin B2: 0.43mg (25.42%), Vitamin B6: 0.48mg (23.95%), Vitamin B3: 4.72mg (23.62%), Vitamin B1: 0.32mg (21.56%), Vitamin B5: 2.09mg (20.89%), Copper: 0.4mg (20.24%), Zinc: 3mg (20.03%), Potassium: 699.47mg (19.98%), Magnesium: 74.92mg (18.73%),

Folate: 62.07µg (15.52%), Vitamin E: 1.85mg (12.35%), Vitamin B12: 0.59µg (9.83%), Vitamin C: 4.84mg (5.87%)