

# Ridiculously Easy Lunchbox Enchilada Casserole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



304 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 handful baby spinach washed
- 0.7 cup refried beans fat-free (or a combination of the 2)
- 0.3 cup corn kernels frozen
- 2 corn tortillas cut into quarters
- 2 jumbo olives black sliced
- 0.5 cup salsa

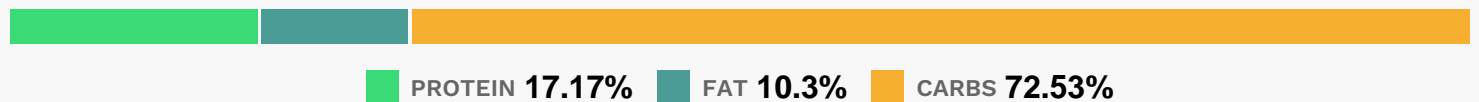
## Equipment

- knife
- microwave

## Directions

- Spread a couple of tablespoons of salsa in the bottom of the dish. Next place a layer of tortillas over the salsa, trying to cover most of the dish's bottom—a little overlapping is okay.
- Spread the tortilla with half of the beans and top with the spinach.
- Add another layer of tortillas.
- Spread with the rest of the beans, sprinkle with the corn, and spoon a little salsa over the corn. Top with a final layer of tortillas.
- Spread the tortillas with a good layer of salsa, and put the olives on the top. (Or, hold the olives and add them after cooking.) Cover the top loosely with waxed paper (do not use the thermos top), and put the dish into the microwave. Cook on high power until heated all the way through, 2 to 3 minutes. Microwaves vary, so check to make sure that the inside is warm by inserting a knife into the middle and checking a sample. If you're making this in a thermos, it will continue to cook after you've sealed the container, so getting it hot in the middle is not so important. If serving right away, heat it until it's very hot and then let it sit for a few minutes to cool.

## Nutrition Facts



## Properties

Glycemic Index:121.5, Glycemic Load:14.33, Inflammation Score:-10, Nutrition Score:21.709999851559%

## Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 304.23kcal (15.21%), Fat: 3.57g (5.49%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 56.54g (18.85%), Net Carbohydrates: 42.46g (15.44%), Sugar: 11.4g (12.67%), Cholesterol: 0mg (0%), Sodium: 2028.75mg (88.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.77%), Vitamin K: 150.47µg (143.31%), Vitamin A: 3620.83IU (72.42%), Fiber: 14.08g (56.32%), Manganese: 0.63mg (31.61%), Phosphorus: 238.76mg (23.88%),

Magnesium: 86.85mg (21.71%), Vitamin B6: 0.42mg (20.94%), Folate: 81.41µg (20.35%), Iron: 3.59mg (19.94%), Potassium: 657mg (18.77%), Vitamin E: 2.68mg (17.88%), Calcium: 166.41mg (16.64%), Vitamin B3: 2.88mg (14.41%), Vitamin C: 11.56mg (14.01%), Copper: 0.23mg (11.34%), Vitamin B2: 0.17mg (9.95%), Vitamin B1: 0.13mg (8.98%), Zinc: 1.23mg (8.23%), Selenium: 4.96µg (7.09%), Vitamin B5: 0.49mg (4.86%)