



Salsa Rice Enchiladas

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups salsa thick
- 1.5 teaspoons chili powder
- 1 cup rice instant uncooked
- 15 oz black beans rinsed drained canned
- 11 oz corn whole with red and green peppers, undrained canned
- 6 oz cheddar cheese shredded
- 11 oz flour tortilla for burritos (8 count)
- 1 serving salsa thick

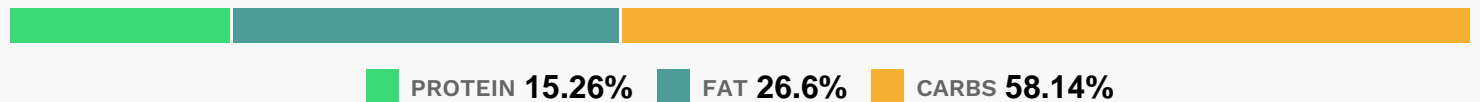
Equipment

- frying pan
- toothpicks

Directions

- In 10-inch skillet, heat 1 1/2 cups salsa and the chili powder to boiling. Stir in rice; remove from heat. Cover and let stand 5 minutes. Stir in beans, corn and cheese.
- Spoon about 1/2 cup rice mixture onto center of each tortilla. Fold up bottom of each tortilla; fold over sides. Secure with toothpick if necessary.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:30.55, Glycemic Load:34.7, Inflammation Score:-8, Nutrition Score:29.034347896991%

Nutrients (% of daily need)

Calories: 768.02kcal (38.4%), Fat: 22.72g (34.96%), Saturated Fat: 10.82g (67.6%), Carbohydrates: 111.77g (37.26%), Net Carbohydrates: 98.94g (35.98%), Sugar: 7.16g (7.96%), Cholesterol: 42.52mg (14.17%), Sodium: 2093.91mg (91.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.33g (58.66%), Manganese: 1.32mg (65.8%), Phosphorus: 591.34mg (59.13%), Selenium: 38.89µg (55.55%), Fiber: 12.83g (51.3%), Calcium: 498.2mg (49.82%), Folate: 177.8µg (44.45%), Vitamin B1: 0.64mg (42.41%), Vitamin B2: 0.61mg (35.89%), Vitamin B3: 6.74mg (33.72%), Iron: 6.03mg (33.51%), Magnesium: 102.92mg (25.73%), Potassium: 888.07mg (25.37%), Copper: 0.5mg (25.06%), Zinc: 3.51mg (23.42%), Vitamin A: 1159.12IU (23.18%), Vitamin B6: 0.41mg (20.55%), Vitamin E: 1.94mg (12.95%), Vitamin B5: 1.19mg (11.88%), Vitamin K: 11.9µg (11.34%), Vitamin C: 6.21mg (7.52%), Vitamin B12: 0.45µg (7.51%), Vitamin D: 0.26µg (1.7%)