



Salsa Rice Enchiladas

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

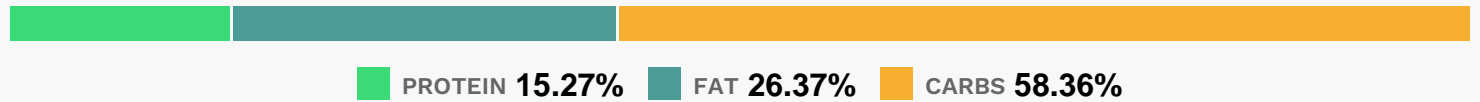
Equipment

- 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:-9, Nutrition Score:29.909130562907%

Nutrients (% of daily need)

Calories: 774.98kcal (38.75%), Fat: 22.77g (35.03%), Saturated Fat: 10.82g (67.63%), Carbohydrates: 113.38g (37.79%), Net Carbohydrates: 100.13g (36.41%), Sugar: 8.08g (8.97%), Cholesterol: 42.52mg (14.17%), Sodium: 2251.35mg (97.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.67g (59.35%), Manganese: 1.34mg (67.15%), Phosphorus: 599.02mg (59.9%), Selenium: 39.1µg (55.86%), Fiber: 13.26g (53.03%), Calcium: 504.92mg (50.49%), Folate: 178.76µg (44.69%), Vitamin B1: 0.64mg (42.97%), Vitamin B2: 0.62mg (36.34%), Vitamin B3: 7.01mg (35.06%), Iron: 6.13mg (34.07%), Potassium: 949.99mg (27.14%), Magnesium: 106.52mg (26.63%), Copper: 0.52mg (25.84%), Vitamin A: 1274.32IU (25.49%), Zinc: 3.56mg (23.74%), Vitamin B6: 0.45mg (22.66%), Vitamin E: 2.24mg (14.91%), Vitamin B5: 1.24mg (12.36%), Vitamin K: 12.91µg (12.3%), Vitamin C: 6.66mg (8.07%), Vitamin B12: 0.45µg (7.51%), Vitamin D: 0.26µg (1.7%)