



## Salsa Rice Enchiladas

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



766 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 15 oz black beans rinsed drained progresso® canned
- ☐ 1.5 teaspoons chili powder
- ☐ 11 oz flour tortilla for burritos (8 tortillas; old el paso®)
- ☐ 1 cup rice instant uncooked
- ☐ 1.5 cups salsa thick old el paso®
- ☐ 6 oz cheddar cheese shredded
- ☐ 11 oz corn whole with red and green peppers, undrained green giant® steamcrisp® mexicorn® canned

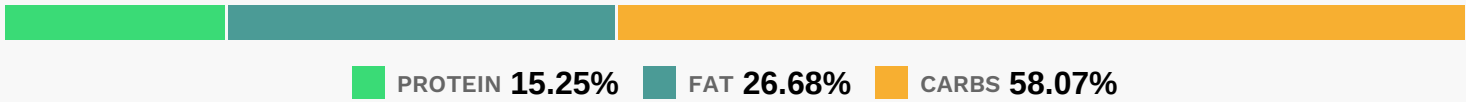
## Equipment

- ☐ 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:-8, Nutrition Score:28.744347831477%

## Nutrients (% of daily need)

Calories: 765.7kcal (38.28%), Fat: 22.71g (34.94%), Saturated Fat: 10.81g (67.59%), Carbohydrates: 111.23g (37.08%), Net Carbohydrates: 98.55g (35.83%), Sugar: 6.86g (7.62%), Cholesterol: 42.52mg (14.17%), Sodium: 2041.43mg (88.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.21g (58.43%), Manganese: 1.31mg (65.34%), Phosphorus: 588.78mg (58.88%), Selenium: 38.82µg (55.45%), Fiber: 12.68g (50.73%), Calcium: 495.96mg (49.6%), Folate: 177.48µg (44.37%), Vitamin B1: 0.63mg (42.23%), Vitamin B2: 0.61mg (35.74%), Iron: 6mg (33.33%), Vitamin B3: 6.65mg (33.27%), Magnesium: 101.72mg (25.43%), Copper: 0.5mg (24.8%), Potassium: 867.43mg (24.78%), Zinc: 3.5mg (23.32%), Vitamin A: 1120.72IU (22.41%), Vitamin B6: 0.4mg (19.85%), Vitamin E: 1.85mg (12.3%), Vitamin B5: 1.17mg (11.72%), Vitamin K: 11.57µg (11.02%), Vitamin B12: 0.45µg (7.51%), Vitamin C: 6.05mg (7.34%), Vitamin D: 0.26µg (1.7%)