



Saucy Enchiladas

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup enchilada sauce
- ☐ 4 8-inch flour tortillas ()
- ☐ 2 ounces cheddar cheese shredded reduced-fat
- ☐ 0.8 cup refried beans fat-free
- ☐ 1 tablespoon 0%-reduced-sodium taco seasoning
- ☐ 1 cup vegetable crumbles frozen burger-style (such as Boca Burger)

Equipment

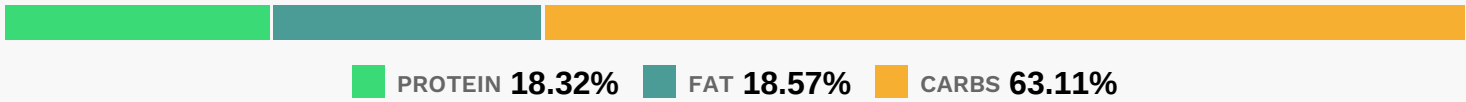
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine beans and taco seasoning in a small bowl.
- ☐ Spread each tortilla with 3 tablespoons bean mixture, leaving a 3/4-inch border around edges.
- ☐ Sprinkle vegetable crumbles down center of each tortilla; roll up tortillas. Arrange, seam sides down, in an 8-inch-square baking dish.
- ☐ Pour enchilada sauce over tortillas; sprinkle with cheese.
- ☐ Bake at 400 for 15 minutes or just until sides are bubbly.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:11.06, Inflammation Score:-9, Nutrition Score:11.863043552993%

Nutrients (% of daily need)

Calories: 259.03kcal (12.95%), Fat: 5.3g (8.16%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 40.56g (13.52%), Net Carbohydrates: 34.19g (12.43%), Sugar: 6.21g (6.9%), Cholesterol: 2.98mg (0.99%), Sodium: 1182.82mg (51.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.55%), Vitamin A: 2735.96IU (54.72%), Fiber: 6.38g (25.51%), Vitamin B1: 0.31mg (20.92%), Phosphorus: 200.51mg (20.05%), Selenium: 13.61µg (19.44%), Manganese: 0.36mg (18.19%), Iron: 3.06mg (17%), Calcium: 159.51mg (15.95%), Folate: 62.69µg (15.67%), Vitamin B3: 2.83mg (14.16%), Vitamin B2: 0.21mg (12.58%), Vitamin C: 5.91mg (7.17%), Magnesium: 24.41mg (6.1%), Copper: 0.1mg (4.92%), Zinc: 0.73mg (4.89%), Potassium: 169.57mg (4.84%), Vitamin B6: 0.08mg (4.01%), Vitamin K: 3.76µg (3.58%), Vitamin B5: 0.18mg (1.84%), Vitamin B12: 0.07µg (1.16%)