



Sausage-Beef Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon chili powder
- 11 ounce corn kernels drained canned
- 12 6-inch corn tortillas ()
- 20 ounce enchilada sauce canned
- 0.5 cup spring onion thinly sliced
- 1 tablespoon ground cumin
- 1 pound ground round
- 0.5 cup onion chopped

- 1 teaspoon pepper
- 3 ounces sharp cheddar cheese shredded reduced-fat
- 0.5 pound diestel breakfast sausage lean

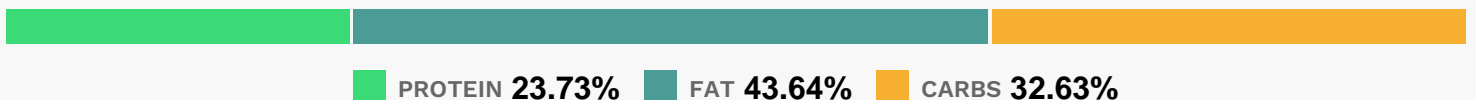
Equipment

- frying pan
- paper towels
- oven
- baking pan
- microwave

Directions

- Place a large nonstick skillet over medium- high heat until hot.
- Add first 6 ingredients. Cook 5 minutes, stirring until meat is browned, stirring to crumble.
- Drain meat mixture well, and wipe skillet with paper towels. Return meat mixture to skillet; stir in 1 can enchilada sauce and corn.
- Heat until hot.
- Stack tortillas between 2 damp paper towels. Microwave at HIGH 1 minute. Spoon meat mixture down center of each tortilla; roll up tortillas; arrange in a 13- x 9-inch baking dish coated with cooking spray.
- Pour remaining can of enchilada sauce over tortillas. Cover and bake at 350 for 25 minutes. Uncover, sprinkle with cheese and green onions, and bake an additional 5 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.58, Glycemic Load:10.61, Inflammation Score:-8, Nutrition Score:20.588695691979%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 508.13kcal (25.41%), Fat: 24.98g (38.43%), Saturated Fat: 9.54g (59.61%), Carbohydrates: 42.02g (14.01%), Net Carbohydrates: 35g (12.73%), Sugar: 10g (11.11%), Cholesterol: 90.53mg (30.18%), Sodium: 1357.73mg (59.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.55g (61.1%), Phosphorus: 458.71mg (45.87%), Zinc: 5.97mg (39.82%), Vitamin B3: 7.18mg (35.91%), Vitamin B12: 2.14µg (35.7%), Vitamin B6: 0.59mg (29.59%), Selenium: 20.5µg (29.29%), Fiber: 7.02g (28.07%), Vitamin A: 1318.32IU (26.37%), Iron: 4.56mg (25.34%), Vitamin B2: 0.33mg (19.61%), Vitamin K: 20.41µg (19.44%), Magnesium: 77.65mg (19.41%), Manganese: 0.37mg (18.43%), Calcium: 180.62mg (18.06%), Potassium: 603.43mg (17.24%), Vitamin B1: 0.23mg (15.24%), Copper: 0.22mg (10.99%), Vitamin B5: 1.04mg (10.42%), Folate: 38.12µg (9.53%), Vitamin E: 1.21mg (8.04%), Vitamin C: 5.63mg (6.82%), Vitamin D: 0.65µg (4.35%)