



Seven-Layer Tortilla Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce anaheim chile green seeded drained chopped canned
- ☐ 30 ounce black beans drained canned
- ☐ 30 ounce .5 can cannellini beans white drained canned
- ☐ 1 teaspoon chili powder
- ☐ 7 8-inch flour tortillas ()
- ☐ 2 tablespoons fresh cilantro fresh minced
- ☐ 0.8 cup green bell pepper green chopped
- ☐ 0.5 teaspoon ground cumin

- ☐ 4 ounces monterrey jack cheese shredded reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 1 cup red bell pepper red chopped
- ☐ 0.5 cup onion red chopped
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 2 cups sacramento tomato juice

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

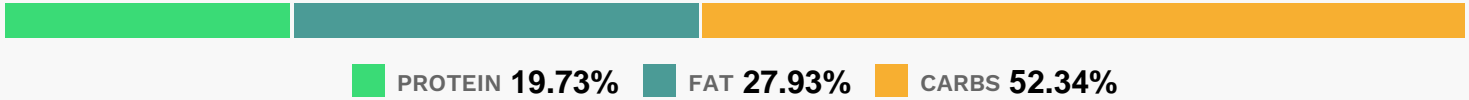
Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add bell peppers, onion, and next 5 ingredients (onion through cumin); saute 5 minutes or until tender.
- ☐ Add juice; cook 8 minutes or until reduced to 2 1/2 cups.
- ☐ Combine black beans and half of tomato juice mixture in a bowl; stir well. Stir cannellini beans into remaining tomato juice mixture. Set both aside.
- ☐ Preheat oven to 32
- ☐ Combine cheeses in a bowl; toss well. Line a 9-inch pie plate with foil, allowing 6 inches of foil to extend over opposite edges of pie plate. Repeat procedure with another sheet of foil, extending foil over remaining edges of pie plate. Coat foil with cooking spray; place 1 tortilla in bottom of dish.
- ☐ Spread 1 cup cannellini bean mixture over tortilla; sprinkle with 1/4 cup cheeses.
- ☐ Place 1 tortilla over cheeses, pressing gently.
- ☐ Spread 1 cup black bean mixture over tortilla; sprinkle with 1/4 cup cheeses.

- ☐
- Place 1 tortilla over cheeses, pressing gently. Repeat layers, ending with the remaining black bean mixture and cheeses.

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Nutrition Facts



Properties

Glycemic Index:28.79, Glycemic Load:8.3, Inflammation Score:0, Nutrition Score:22.978695698406%

Flavonoids

Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 464.14kcal (23.21%), Fat: 14.93g (22.97%), Saturated Fat: 7.09g (44.33%), Carbohydrates: 62.98g (20.99%), Net Carbohydrates: 47.22g (17.17%), Sugar: 6.04g (6.71%), Cholesterol: 26.79mg (8.93%), Sodium: 1208.19mg (52.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.73g (47.47%), Fiber: 15.77g (63.07%), Vitamin C: 51.76mg (62.73%), Calcium: 389.25mg (38.92%), Iron: 6.7mg (37.22%), Phosphorus: 357.86mg (35.79%), Folate: 137.08µg (34.27%), Manganese: 0.59mg (29.29%), Vitamin B1: 0.43mg (28.84%), Selenium: 17.72µg (25.32%), Vitamin A: 1250.41IU (25.01%), Vitamin B2: 0.42mg (24.51%), Potassium: 633.87mg (18.11%), Magnesium: 67.53mg (16.88%), Vitamin B3: 3.37mg (16.85%), Copper: 0.32mg (15.92%), Vitamin B6: 0.28mg (13.96%), Zinc: 1.95mg (13.02%), Vitamin K: 10.48µg (9.98%), Vitamin E: 1.09mg (7.23%), Vitamin B5: 0.6mg (5.99%), Vitamin B12: 0.27µg (4.47%), Vitamin D: 0.17µg (1.13%)