



Simple Perfect Enchiladas

READY IN



60 min.

SERVINGS



6

CALORIES



779 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup olives black chopped
- 0.5 teaspoon pepper black
- 1 tablespoon canola oil
- 6 servings canola oil for frying
- 2 cups chicken broth
- 10 corn tortillas
- 2 tablespoons flour all-purpose
- 6 servings cilantro leaves fresh chopped for garnish
- 8 ounce chiles diced green canned

- 1 cup green onions chopped
- 1 pound ground beef
- 28 ounce mexican sauce red canned
- 1 medium onion chopped
- 6 servings beans and/or rice for serving
- 0.5 teaspoon salt
- 3 cups sharp cheddar grated

Equipment

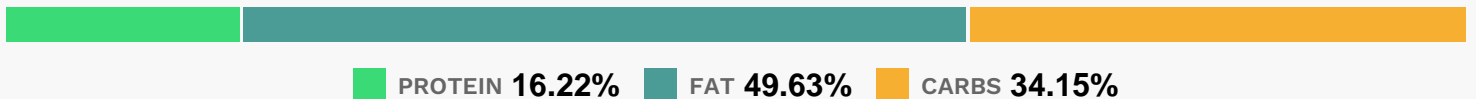
- frying pan
- baking sheet
- paper towels
- sauce pan
- ladle
- oven
- whisk
- baking pan

Directions

- For the sauce: In a saucepan over medium-low heat, combine the canola oil and flour.
- Whisk together and allow to bubble for 1 minute.
- Pour in the red sauce, chicken broth, salt and pepper. Bring to a boil. Reduce the heat and simmer while you prepare the other ingredients.
- For the meat: In a large skillet over medium-high heat, add the oil. Brown the ground beef with the onions.
- Drain the fat, and then add the green chiles.
- Add the salt and stir to combine. Turn off the heat and set aside.
- For the rest: In a small skillet over medium heat, lightly fry the tortillas in canola oil just until soft. Do not crisp.

- Drain on a paper towel-lined plate. Repeat until all the tortillas have been fried.
- Preheat the oven to 350 degrees F.
- Spread 1/2 cup of the sauce in the bottom of a 9 by 13-inch baking dish. Dip each tortilla into the sauce. Set the sauce-soaked tortillas on a cookie sheet. Onto each tortilla, place some of the meat mixture, black olives and green onions. Top with a generous portion of grated Cheddar.
- Roll up the tortilla to contain the filling inside.
- Place the tortilla seam-side down in the baking dish. Repeat with the rest of the tortillas. Stir the cilantro into the sauce and ladle a little sauce over the top. End with a generous sprinkling of cheese.
- Bake the enchiladas until bubbly, about 20 minutes.
- Sprinkle extra chopped cilantro over the top.
- Serve with beans and/or rice.

Nutrition Facts



Properties

Glycemic Index:56.11, Glycemic Load:11.27, Inflammation Score:-7, Nutrition Score:22.523478352505%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 778.6kcal (38.93%), Fat: 42.91g (66.01%), Saturated Fat: 17.49g (109.33%), Carbohydrates: 66.41g (22.14%), Net Carbohydrates: 61.8g (22.47%), Sugar: 32.7g (36.34%), Cholesterol: 111.74mg (37.25%), Sodium: 2840.78mg (123.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.1%), Phosphorus: 537.67mg (53.77%), Calcium: 488.55mg (48.86%), Selenium: 31.7µg (45.29%), Zinc: 6.02mg (40.15%), Vitamin K: 41.7µg (39.71%), Vitamin B12: 2.23µg (37.21%), Vitamin B2: 0.48mg (28.19%), Vitamin B6: 0.46mg (23.12%), Vitamin B3: 4.59mg (22.93%), Vitamin C: 17.44mg (21.14%), Fiber: 4.61g (18.46%), Iron: 3.13mg (17.4%), Magnesium: 69.12mg (17.28%), Vitamin A: 834.6IU (16.69%), Vitamin E: 2.32mg (15.44%), Folate: 58.97µg (14.74%), Manganese: 0.29mg (14.55%), Potassium: 469.13mg (13.4%), Vitamin B1: 0.15mg (10.03%), Copper: 0.19mg (9.31%), Vitamin B5: 0.76mg (7.61%), Vitamin D: 0.41µg (2.76%)