



Skinny Beef Enchilada Pie

READY IN



55 min.

SERVINGS



6

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 oz chilis green drained chopped canned
- 1 teaspoon chili powder
- 10 oz enchilada sauce red canned
- 1 lb ground beef 93% (at least)
- 5 flour tortilla for burritos (from 11 oz package)
- 0.5 cup corn frozen thawed drained
- 1 teaspoon ground cumin
- 4 oz reduced fat mexican blend cheese shredded reduced-fat
- 0.5 cup onion chopped

6 servings cream fat-free sour

Equipment

frying pan

oven

glass baking pan

Directions

Heat oven to 350F. In 12-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until thoroughly cooked; drain. Reserve 1/4 cup enchilada sauce; set aside.

Add remaining enchilada sauce, corn and chiles to beef mixture. Stir in cumin and chili powder. Reduce heat to medium-low; simmer uncovered 5 minutes.

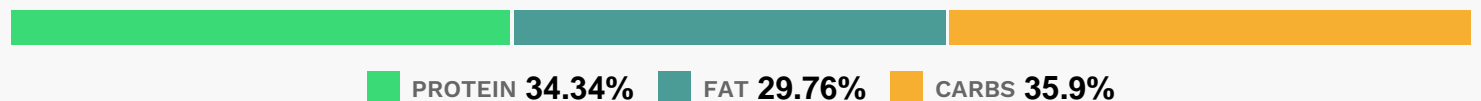
Spray 9-inch round (2-quart) glass baking dish with cooking spray.

Place 1 tortilla in casserole; top with about 3/4 cup of the beef mixture and 3 tablespoons of the cheese. Repeat layers 3 times. Top with remaining tortilla, the reserved enchilada sauce and the remaining cheese.

Bake, uncovered, 30 to 40 minutes or until hot and cheese is melted. Cool 5 minutes.

Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:4.18, Inflammation Score:-6, Nutrition Score:15.980434987856%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 295.49kcal (14.77%), Fat: 9.74g (14.99%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 23.64g (8.6%), Sugar: 4.88g (5.42%), Cholesterol: 60.75mg (20.25%), Sodium: 915.71mg (39.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.29g (50.58%), Phosphorus: 355mg (35.5%), Vitamin B12: 2.08µg (34.65%), Zinc: 5.08mg (33.88%), Selenium: 23.26µg (33.22%), Calcium: 306.12mg (30.61%), Vitamin B3: 5.72mg (28.6%), Iron: 3.7mg (20.54%), Vitamin B6: 0.41mg (20.32%), Vitamin B2: 0.31mg (18.31%), Folate: 53.34µg (13.34%), Vitamin B1: 0.2mg (13.16%), Potassium: 437.74mg (12.51%), Vitamin C: 10.22mg (12.39%), Vitamin A: 617.78IU (12.36%), Fiber: 2.8g (11.21%), Magnesium: 39.45mg (9.86%), Manganese: 0.19mg (9.34%), Vitamin B5: 0.6mg (6.04%), Copper: 0.11mg (5.52%), Vitamin K: 2.75µg (2.62%), Vitamin E: 0.38mg (2.56%), Vitamin D: 0.15µg (1.01%)