



Slow-Cooker Enchilada Casserole



Vegetarian



Gluten Free

READY IN



190 min.

SERVINGS



4

CALORIES



636 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 9 6-inch corn tortillas
- ☐ 15 ounces enchilada sauce canned
- ☐ 2 cups regular corn frozen
- ☐ 2.5 cups cheddar shredded

Equipment

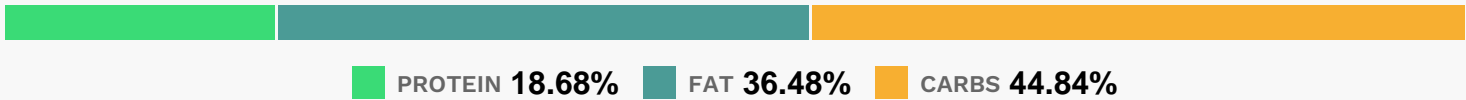
- ☐ bowl
- ☐ oven

☐ broiler

Directions

- ☐ Place an oven rack about 5 inches from broiler and preheat broiler to high. Toast tortillas under broiler, turning once, until lightly spotted, 2 to 3 minutes total. Reserve 2 Tbsp. enchilada sauce.
- ☐ Combine beans and remaining sauce in a bowl.
- ☐ Mist slow-cooker insert with cooking spray.
- ☐ Place 3 tortillas in bottom, breaking one into pieces if necessary to cover bottom.
- ☐ Spread half of bean mixture over tortillas.
- ☐ Sprinkle with 1 cup corn and 1/2 cup cheese. Repeat with 3 more tortillas, remaining bean mixture, remaining corn and 1 cup cheese. Top with 3 remaining tortillas, reserved sauce and remaining 1 cup cheese. Cover and cook on low until cheese has melted and is beginning to crisp on edges, 2 to 3 hours.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:11.78, Inflammation Score:-8, Nutrition Score:24.510869850283%

Nutrients (% of daily need)

Calories: 635.8kcal (31.79%), Fat: 26.63g (40.97%), Saturated Fat: 14g (87.52%), Carbohydrates: 73.66g (24.55%), Net Carbohydrates: 58.52g (21.28%), Sugar: 7.84g (8.71%), Cholesterol: 70.63mg (23.54%), Sodium: 1822.28mg (79.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.36%), Phosphorus: 693.74mg (69.37%), Fiber: 15.14g (60.55%), Calcium: 587.21mg (58.72%), Selenium: 25.6µg (36.57%), Vitamin B2: 0.55mg (32.33%), Magnesium: 124.8mg (31.2%), Zinc: 4.51mg (30.07%), Folate: 115.61µg (28.9%), Manganese: 0.58mg (28.79%), Vitamin A: 1425.48IU (28.51%), Iron: 4.05mg (22.51%), Potassium: 733.18mg (20.95%), Vitamin B1: 0.31mg (20.62%), Vitamin B6: 0.38mg (19.15%), Copper: 0.36mg (17.98%), Vitamin B3: 2.96mg (14.8%), Vitamin C: 10.94mg (13.26%), Vitamin B12: 0.75µg (12.48%), Vitamin B5: 0.79mg (7.93%), Vitamin E: 0.69mg (4.62%), Vitamin D: 0.42µg (2.83%), Vitamin K: 1.7µg (1.61%)