



WHATSheATE



Slow-Cooker Layered Enchilada Dinner



Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 0.3 cup onion chopped
- ☐ 1 clove garlic finely chopped
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 4 oz chilis green chopped canned
- ☐ 10 oz enchilada sauce red canned
- ☐ 10 6-inch corn tortillas ()
- ☐ 12 oz monterrey jack cheese shredded

- ☐ 1 serving paprika
- ☐ 1 serving cilantro leaves fresh chopped

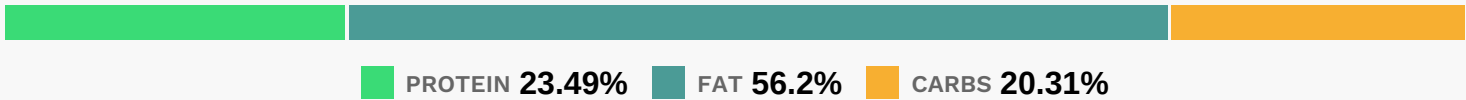
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 10-inch skillet, cook ground beef, onion and garlic over medium-high heat, stirring frequently, until beef is thoroughly cooked; drain. Stir in soup and chiles.
- ☐ Spray 3 1/2- to 4-quart slow cooker with cooking spray.
- ☐ Spread about 1/4 cup of the enchilada sauce in bottom of slow cooker.
- ☐ Place 4 corn tortillas over sauce, overlapping and breaking in half as necessary to make an even layer. Top with 1/3 of beef mixture, spreading evenly.
- ☐ Drizzle with about 1/4 cup enchilada sauce.
- ☐ Sprinkle with 1 cup of the cheese.
- ☐ Repeat layering twice, using 3 corn tortillas and half of remaining beef mixture, enchilada sauce and cheese in each layer.
- ☐ Sprinkle paprika over top.
- ☐ Cover; cook on Low heat setting 4 hours 30 minutes to 5 hours 30 minutes.
- ☐ Let stand about 5 minutes before serving.
- ☐ Sprinkle individual servings with cilantro.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:8.72, Inflammation Score:-7, Nutrition Score:18.819130306659%

Flavonoids

Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 557.07kcal (27.85%), Fat: 34.86g (53.63%), Saturated Fat: 17.45g (109.08%), Carbohydrates: 28.33g (9.44%), Net Carbohydrates: 24.1g (8.76%), Sugar: 4.23g (4.7%), Cholesterol: 106.68mg (35.56%), Sodium: 1255.82mg (54.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.78g (65.56%), Phosphorus: 528.46mg (52.85%), Calcium: 484.24mg (48.42%), Zinc: 6.04mg (40.27%), Vitamin B12: 2.17µg (36.16%), Selenium: 22.4µg (32%), Vitamin B2: 0.4mg (23.79%), Vitamin B3: 4.52mg (22.61%), Vitamin B6: 0.45mg (22.55%), Iron: 3.4mg (18.87%), Vitamin A: 941.38IU (18.83%), Fiber: 4.23g (16.94%), Manganese: 0.33mg (16.63%), Magnesium: 65.28mg (16.32%), Potassium: 438.67mg (12.53%), Copper: 0.24mg (12%), Vitamin C: 8.23mg (9.98%), Folate: 33.3µg (8.33%), Vitamin B5: 0.68mg (6.81%), Vitamin B1: 0.1mg (6.67%), Vitamin E: 0.68mg (4.52%), Vitamin K: 3.14µg (2.99%), Vitamin D: 0.42µg (2.77%)