



Slow-Cooker Layered Enchilada Dinner

 Gluten Free

READY IN



300 min.

SERVINGS



6

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 oz chilis green chopped canned
- 10.8 oz cream of mushroom soup canned
- 10 6-inch corn tortillas ()
- 10 oz enchilada sauce canned
- 6 servings cilantro leaves fresh chopped
- 1 clove garlic finely chopped
- 1 lb ground beef 80% lean (at least)
- 12 oz monterrey jack cheese shredded

- 0.3 cup onion chopped
- 6 servings paprika

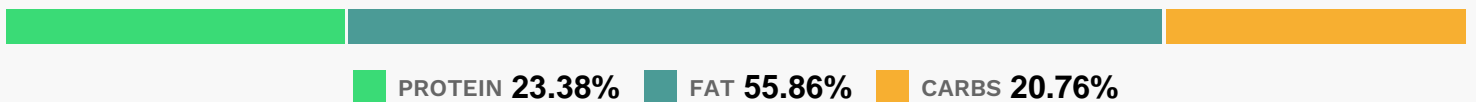
Equipment

- 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:8.77, Inflammation Score:-8, Nutrition Score:20.472173939581%

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: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 562.29kcal (28.11%), Fat: 35.08g (53.97%), Saturated Fat: 17.49g (109.31%), Carbohydrates: 29.35g (9.78%), Net Carbohydrates: 24.49g (8.9%), Sugar: 4.41g (4.9%), Cholesterol: 106.68mg (35.56%), Sodium: 1266.38mg (55.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.03g (66.07%), Phosphorus: 534mg (53.4%), Calcium: 488.97mg (48.9%), Zinc: 6.11mg (40.76%), Vitamin B12: 2.17µg (36.16%), Vitamin A: 1770.88IU (35.42%), Selenium: 22.51µg (32.16%), Vitamin B2: 0.43mg (25.04%), Vitamin B6: 0.49mg (24.48%), Vitamin B3: 4.7mg (23.52%), Iron: 3.78mg (21.01%), Fiber: 4.86g (19.43%), Manganese: 0.36mg (17.97%), Magnesium: 68.37mg (17.09%), Potassium: 479.77mg (13.71%), Copper: 0.25mg (12.6%), Vitamin C: 9.08mg (11%), Folate: 35.45µg (8.86%), Vitamin E: 1.17mg (7.77%), Vitamin B5: 0.72mg (7.25%), Vitamin B1: 0.11mg (7.05%), Vitamin K: 4.74µg (4.51%), Vitamin D: 0.42µg (2.77%)