



## Smokey Black Bean Enchiladas



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 15 ounces black beans drained and rinsed
- ☐ 15 ounces enchilada sauce
- ☐ 15 ounces extra-firm tofu
- ☐ 1 tsp garlic powder
- ☐ 1 tsp hot sauce
- ☐ 2 tsp liquid smoke
- ☐ 8 wraps whole wheat whole

## Equipment

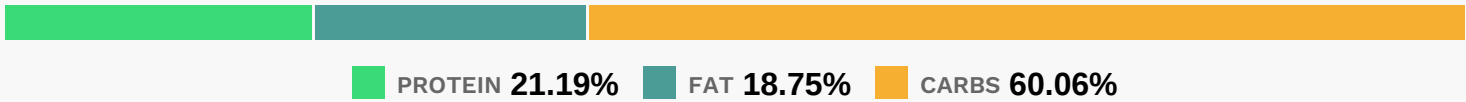
- ☐ bowl
- ☐ oven

## Directions

- ☐ Preheat oven to 350 F. Crumble tofu in a large bowl.
- ☐ Add beans, smoke, garlic and hot sauce and mix together. Spoon filling into 8 tortillas. Fold over, place into an oven-safe dish and pour enchilada sauce over the tortillas.
- ☐ Sprinkle shredded vegan cheddar over top if desired and bake 15–30 minutes; 15–20 minutes for a softer shell and 25–30 for more for crispy shell.

- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 50g
- ☐ Carbohydrate
- ☐ 80gDietary Fiber3.20gSugars0.60gProtein7.30g

## Nutrition Facts



## Properties

Glycemic Index:6.25, Glycemic Load:2.53, Inflammation Score:-5, Nutrition Score:6.9591305479407%

## Nutrients (% of daily need)

Calories: 270.37kcal (13.52%), Fat: 5.69g (8.76%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 31.98g (11.63%), Sugar: 5.76g (6.4%), Cholesterol: 0mg (0%), Sodium: 768.5mg (33.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.48g (28.96%), Fiber: 9.05g (36.21%), Folate: 79.42µg (19.85%), Iron: 3.2mg (17.79%), Calcium: 162.92mg (16.29%), Manganese: 0.24mg (12%), Magnesium: 37.54mg (9.38%), Vitamin B1: 0.13mg (8.77%), Phosphorus: 76.09mg (7.61%), Vitamin A: 358.71IU (7.17%), Copper: 0.11mg (5.67%), Potassium: 194.19mg (5.55%), Zinc: 0.61mg (4.05%), Vitamin B6: 0.04mg (2.2%), Vitamin B2: 0.03mg (1.91%), Vitamin C: 1.52mg (1.84%), Vitamin B3: 0.27mg (1.37%), Vitamin B5: 0.13mg (1.32%), Selenium: 0.73µg (1.04%)