



## South-of-the-Border Enchiladas

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 14.5 oz canned tomatoes diced organic undrained canned
- ☐ 0.5 cup onion chopped
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons honey
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 15 oz pinto beans rinsed drained canned
- ☐ 1 cup ricotta cheese low-fat

- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 teaspoon ground cumin
- ☐ 6 8-inch flour tortilla ()
- ☐ 1 oz cheddar cheese shredded
- ☐ 1 oz monterrey jack cheese shredded

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In blender or food processor, place tomatoes, onion and garlic. Cover; blend until smooth.
- ☐ In 2-quart saucepan, cook blended mixture, 2 tablespoons of the cilantro, the honey and red pepper flakes over medium heat 3 minutes, stirring occasionally.
- ☐ In medium bowl, mix beans, ricotta cheese, bell pepper, cumin and remaining 2 tablespoons cilantro.
- ☐ Spread 1/2 cup tomato sauce in baking dish. Spoon 1/2 cup bean mixture down center of each tortilla.
- ☐ Roll up tortillas; place seam sides down on tomato sauce in dish. Spoon remaining tomato sauce over filled tortillas.
- ☐ Sprinkle with cheeses.
- ☐ Bake 20 to 25 minutes or until tomato sauce is bubbly and cheese is melted.

## Nutrition Facts



 **PROTEIN 17.23%**  **FAT 32.26%**  **CARBS 50.51%**

Properties

Glycemic Index:59.05, Glycemic Load:14.48, Inflammation Score:-7, Nutrition Score:17.023912997349%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 362.1kcal (18.1%), Fat: 13.19g (20.29%), Saturated Fat: 6.86g (42.86%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 39.59g (14.39%), Sugar: 8.58g (9.53%), Cholesterol: 30.01mg (10%), Sodium: 752.34mg (32.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.7%), Manganese: 0.66mg (33.17%), Phosphorus: 309.43mg (30.94%), Calcium: 294.32mg (29.43%), Selenium: 19.99µg (28.55%), Fiber: 6.87g (27.47%), Vitamin B1: 0.37mg (24.61%), Iron: 4.31mg (23.95%), Vitamin C: 18.14mg (21.99%), Folate: 84.95µg (21.24%), Vitamin B2: 0.32mg (18.92%), Vitamin B3: 3.44mg (17.2%), Copper: 0.33mg (16.28%), Potassium: 565.63mg (16.16%), Magnesium: 59.61mg (14.9%), Vitamin B6: 0.26mg (13.2%), Vitamin K: 12.59µg (11.99%), Zinc: 1.72mg (11.45%), Vitamin A: 522.74IU (10.45%), Vitamin E: 1.45mg (9.64%), Vitamin B5: 0.53mg (5.25%), Vitamin B12: 0.23µg (3.83%)