



## Spinach and Beef Enchiladas

READY IN



70 min.

SERVINGS



8

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 lb ground beef 80% lean (at least )
- 0.5 cup onion chopped
- 9 oz spinach frozen
- 4 oz chilis green undrained chopped canned
- 0.5 teaspoon ground cumin
- 0.5 teaspoon highest available proof grain spirit
- 0.5 cup cream sour
- 8 oz colby cheese shredded
- 10 oz enchilada sauce red canned

- 11 oz flour tortilla for burritos (8 count)
- 0.5 cup salsa thick

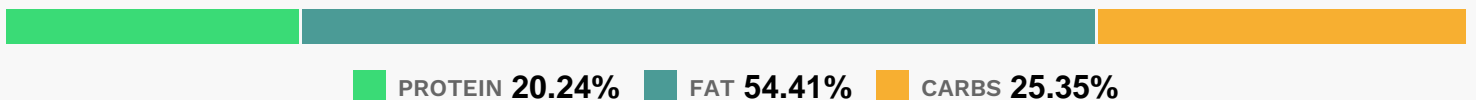
## Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring occasionally, until beef is brown.
- Stir in spinach; cook, stirring frequently, until thawed. Stir in green chiles, cumin, garlic-pepper blend, sour cream and 1 cup of the cheese.
- Spread about 1 teaspoon enchilada sauce on each tortilla. Top each with about 1/2 cup beef mixture.
- Roll up tortillas; place seam sides down in baking dish. In small bowl, mix remaining enchilada sauce and the salsa; spoon over enchiladas.
- Sprinkle with remaining 1 cup cheese.
- Spray sheet of foil with cooking spray; cover baking dish with foil.
- Bake 40 to 45 minutes or until thoroughly heated.

## Nutrition Facts



## Properties

Glycemic Index:15.25, Glycemic Load:6.41, Inflammation Score:-10, Nutrition Score:24.756521753643%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## **Nutrients (% of daily need)**

Calories: 440.14kcal (22.01%), Fat: 26.64g (40.98%), Saturated Fat: 12.69g (79.34%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 24.29g (8.83%), Sugar: 5.71g (6.34%), Cholesterol: 75.67mg (25.22%), Sodium: 994.92mg (43.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.29g (44.59%), Vitamin K: 124.19µg (118.27%), Vitamin A: 4445.22IU (88.9%), Selenium: 24.01µg (34.3%), Phosphorus: 337.61mg (33.76%), Calcium: 330.15mg (33.02%), Folate: 103.33µg (25.83%), Zinc: 3.76mg (25.06%), Vitamin B12: 1.48µg (24.65%), Vitamin B2: 0.41mg (24.07%), Manganese: 0.47mg (23.36%), Vitamin B3: 4.63mg (23.15%), Iron: 3.92mg (21.79%), Vitamin B1: 0.27mg (18.03%), Vitamin B6: 0.35mg (17.43%), Fiber: 3.63g (14.51%), Magnesium: 55.95mg (13.99%), Potassium: 442.23mg (12.64%), Vitamin C: 8.5mg (10.3%), Vitamin E: 1.5mg (9.99%), Copper: 0.15mg (7.64%), Vitamin B5: 0.55mg (5.47%), Vitamin D: 0.23µg (1.51%)