



Spinach and Beef Enchiladas

READY IN



70 min.

SERVINGS



8

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 oz chilis green undrained chopped canned
- 8 oz colby cheese shredded
- 10 oz enchilada sauce canned
- 11.5 oz flour tortilla (8 tortillas)
- 9 oz spinach frozen
- 0.5 teaspoon ground cumin
- 1 lb ground beef 80% lean (at least)
- 0.5 cup onion chopped
- 0.5 teaspoon garlic

- 0.5 cup salsa thick
- 0.5 cup cream sour

Equipment

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

Directions

- Heat oven to 350F. 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

 **PROTEIN 20.13%**  **FAT 54.1%**  **CARBS 25.77%**

Properties

Glycemic Index:12, Glycemic Load:6.59, Inflammation Score:-10, Nutrition Score:24.990869345872%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 445.11kcal (22.26%), Fat: 26.78g (41.2%), Saturated Fat: 12.75g (79.66%), Carbohydrates: 28.7g (9.57%), Net Carbohydrates: 25g (9.09%), Sugar: 5.77g (6.41%), Cholesterol: 75.67mg (25.22%), Sodium: 1015mg (44.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.42g (44.83%), Vitamin K: 124.31µg (118.39%), Vitamin A: 4447.41IU (88.95%), Selenium: 24.43µg (34.89%), Phosphorus: 340.41mg (34.04%), Calcium: 333.65mg (33.37%), Folate: 105.67µg (26.42%), Zinc: 3.75mg (25.03%), Vitamin B12: 1.48µg (24.65%), Vitamin B2: 0.41mg (24.36%), Manganese: 0.48mg (23.75%), Vitamin B3: 4.7mg (23.5%), Iron: 4.01mg (22.26%), Vitamin B1: 0.28mg (18.63%), Vitamin B6: 0.35mg (17.65%), Fiber: 3.7g (14.82%), Magnesium: 55.91mg (13.98%), Potassium: 445.88mg (12.74%), Vitamin C: 9.16mg (11.11%), Vitamin E: 1.5mg (9.97%), Copper: 0.15mg (7.67%), Vitamin B5: 0.55mg (5.49%), Vitamin D: 0.23µg (1.51%)