



Stacked Enchilada Pie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz avocado
- ☐ 30 oz black beans rinsed drained canned
- ☐ 19 oz chili sauce red canned (enchilada)
- ☐ 8 servings cilantro leaves fresh rinsed
- ☐ 1 lb corn kernels frozen thawed
- ☐ 2 teaspoons cumin seeds
- ☐ 8 oz feta cheese crumbled
- ☐ 8 flour tortilla (10 in. wide)

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced pressed peeled
- ☐ 9 oz monterrey jack cheese plain shredded
- ☐ 8 oz onion peeled chopped
- ☐ 2 bell pepper red stemmed rinsed seeded chopped (1 lb. total)
- ☐ 1 teaspoon salad oil

Equipment

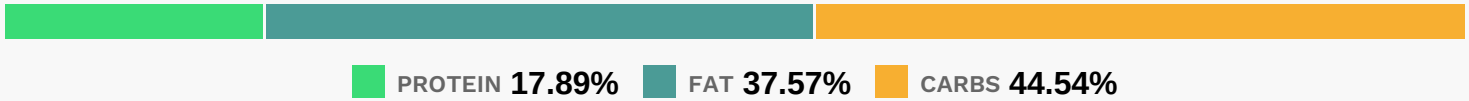
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ pizza pan
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ pie form

Directions

- ☐ In a 5- to 6-quart nonstick pan over high heat, frequently stir onion, bell peppers, garlic, and cumin seeds in 1 teaspoon oil until the onion is limp, 5 to 7 minutes. Stir in corn, beans, and chopped cilantro; remove pan from heat.
- ☐ Pour the chili sauce into a 12-inch rimmed pizza pan or 10-inch pie pan. Dip a tortilla in sauce to coat both sides lightly; lift tortilla out, letting excess sauce drip back into pan. Set tortilla in an oiled 10-inch cheesecake pan with removable rim at least 3 inches tall (see notes).
- ☐ Spread 1/7 (about 1 cup) of the vegetable filling level over tortilla.
- ☐ Sprinkle evenly with 1/3 cup jack cheese and 3 tablespoons cotija cheese. Repeat layers, making a total of seven; top with last tortilla. Reserve any leftover chili sauce and remaining jack and cotija cheeses. Cover pan with an oiled piece of foil, oiled side down. Set pan in a rimmed 10- by 15-inch baking pan.

- ☐ Bake enchilada pie in a 350 regular or 325 convection oven for 30 minutes. Uncover and continue baking until hot (16
- ☐ in the center, 30 to 40 minutes longer.
- ☐ Before serving, in a microwave–safe bowl, in a microwave oven on full power (100%), heat remaining chili sauce until hot, 20 to 30 seconds. Pit, peel, and slice avocado.
- ☐ Run a knife between pie and pan rim to loosen.
- ☐ Remove rim, set pie on a platter, and drizzle with chili sauce. Arrange avocado slices in a ring on pie, sprinkle with remaining jack and cotija cheeses, and garnish with cilantro sprigs.
- ☐ Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:6.23, Inflammation Score:-9, Nutrition Score:28.937391291494%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg, Quercetin: 6.42mg

Nutrients (% of daily need)

Calories: 543.32kcal (27.17%), Fat: 23.22g (35.73%), Saturated Fat: 11.51g (71.97%), Carbohydrates: 61.95g (20.65%), Net Carbohydrates: 48.18g (17.52%), Sugar: 15.36g (17.07%), Cholesterol: 53.62mg (17.87%), Sodium: 2167.32mg (94.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.88g (49.77%), Vitamin C: 57.42mg (69.6%), Fiber: 13.77g (55.06%), Phosphorus: 506.04mg (50.6%), Calcium: 491.77mg (49.18%), Vitamin B2: 0.74mg (43.43%), Folate: 171.95µg (42.99%), Vitamin A: 1896.23IU (37.92%), Vitamin B1: 0.48mg (31.9%), Manganese: 0.61mg (30.3%), Potassium: 957.27mg (27.35%), Iron: 4.88mg (27.13%), Vitamin B6: 0.54mg (26.93%), Selenium: 18.43µg (26.33%), Vitamin B3: 4.67mg (23.37%), Magnesium: 88.13mg (22.03%), Copper: 0.43mg (21.32%), Zinc: 3.09mg (20.62%), Vitamin E: 2.53mg (16.84%), Vitamin K: 16.81µg (16.01%), Vitamin B12: 0.74µg (12.4%), Vitamin B5: 1.22mg (12.22%), Vitamin D: 0.3µg (2.03%)