



HEALTH SCORE

63%

## Stacked Red Chili Enchiladas



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 8 oz black beans canned
- ☐ 0.8 cup chicken broth
- ☐ 3 corn tortillas blue yellow (6 in. wide)
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 cup lettuce shredded
- ☐ 1 cup onion chopped
- ☐ 2 tablespoons pepper flakes (also called chili powder)
- ☐ 1 serving salt

☐ 2 tablespoons tomatoes    diced

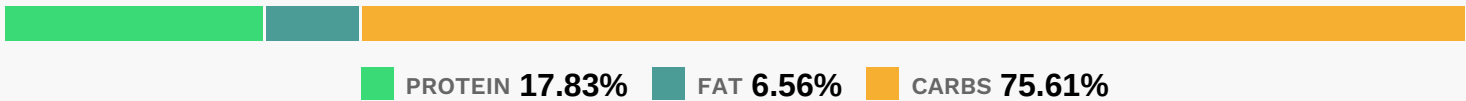
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ microwave

## Directions

- ☐ In a 10- to 12-inch nonstick frying pan over high heat, cook tortillas, in a single layer, until soft and lightly toasted, turning once, about 3 minutes per batch. Set aside as toasted.
- ☐ Reduce heat to medium.
- ☐ Add onion and stir until limp, about 5 minutes; remove from pan.
- ☐ Mix ground chilies and flour in pan and stir over low heat until chilies smell lightly toasted, about 2 minutes.
- ☐ Whisk in broth until smooth. Stir over high heat until sauce boils, about 2 minutes.
- ☐ Add salt to taste.
- ☐ Dip 1 tortilla in chili sauce, coating both sides, then set on a microwave-safe plate. Top tortilla with half the onion and a third of the cheese. Repeat layers, using all tortillas and onion.
- ☐ Pour remaining chili sauce (it thickens as it cools) over this stacked enchilada, then sprinkle with remaining cheese.
- ☐ Heat enchilada in a microwave oven at full power (100%) until hot in center, 1 1/2 to 2 minutes.
- ☐ Top with sour cream and accompany with beans, lettuce, and tomato.

## Nutrition Facts



## Properties

Glycemic Index:267.5, Glycemic Load:22.29, Inflammation Score:-9, Nutrition Score:32.58434771714%

## Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 33.67mg, Quercetin: 33.67mg, Quercetin: 33.67mg, Quercetin: 33.67mg

Nutrients (% of daily need)

Calories: 492.96kcal (24.65%), Fat: 3.74g (5.76%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 97.05g (32.35%), Net Carbohydrates: 71.99g (26.18%), Sugar: 12.03g (13.36%), Cholesterol: 3.53mg (1.17%), Sodium: 1771.53mg (77.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.78%), Fiber: 25.06g (100.24%), Vitamin C: 67.14mg (81.38%), Manganese: 1.28mg (63.89%), Phosphorus: 582.03mg (58.2%), Folate: 212.18µg (53.05%), Magnesium: 169.38mg (42.34%), Vitamin B1: 0.59mg (39.66%), Potassium: 1381.47mg (39.47%), Iron: 6.6mg (36.66%), Copper: 0.72mg (36.22%), Vitamin B6: 0.69mg (34.75%), Vitamin B2: 0.54mg (31.72%), Vitamin K: 24.54µg (23.37%), Calcium: 207.25mg (20.72%), Vitamin B3: 4.02mg (20.11%), Zinc: 2.91mg (19.38%), Vitamin A: 910.74IU (18.21%), Selenium: 10.79µg (15.41%), Vitamin B5: 0.88mg (8.85%), Vitamin E: 0.82mg (5.46%)