



## Tex-Mex Beef and Cheese Enchiladas

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



962 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 cups processed cheese food shredded
- ☐ 8 ounce tomato sauce canned
- ☐ 3 tablespoons chili powder
- ☐ 2 tablespoons cooking oil
- ☐ 12 6-inch corn tortillas ()
- ☐ 0.5 cup flour all-purpose divided
- ☐ 1 tablespoon garlic powder
- ☐ 2 pounds ground beef

- ☐ 1 tablespoon ground cumin
- ☐ 2 tablespoons paprika
- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons sugar
- ☐ 4 cups water

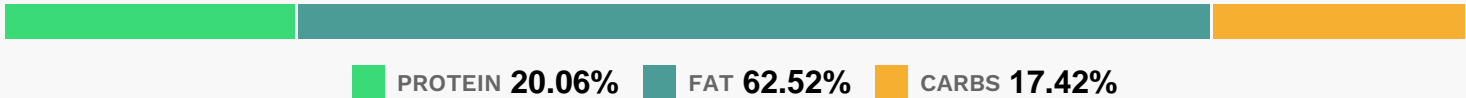
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Heat the ground beef in a large skillet over medium heat. Cook, stirring to crumble, until no longer pink.
- ☐ Drain off grease and season with chili powder, paprika, cumin, garlic powder, and salt.
- ☐ Mix in the tomato sauce and 2 cups of the water. Simmer over low heat.
- ☐ Mix the remaining water with the flour and sugar until flour is dissolved; stir into the simmering meat sauce. Simmer until thickened, about 10 minutes.
- ☐ While the sauce is cooking, heat oil in another skillet over medium-high heat. Warm tortillas in the hot oil until pliable. Fill each tortilla with a little bit of cheese, and place in a 9x13 inch baking dish, reserving some of the cheese to sprinkle on top.
- ☐ Pour the meat sauce evenly over the rolled tortillas. Top with remaining cheese.
- ☐ Bake for 25 minutes in the preheated oven, until cheese is melted and lightly browned.

## Nutrition Facts



## Properties

Glycemic Index:48.77, Glycemic Load:18.21, Inflammation Score:-9, Nutrition Score:37.744782820992%

Nutrients (% of daily need)

Calories: 961.78kcal (48.09%), Fat: 67.38g (103.66%), Saturated Fat: 29.23g (182.7%), Carbohydrates: 42.26g (14.09%), Net Carbohydrates: 35.7g (12.98%), Sugar: 5.52g (6.14%), Cholesterol: 200.68mg (66.89%), Sodium: 2328.82mg (101.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.64g (97.29%), Calcium: 1085.41mg (108.54%), Phosphorus: 1051.73mg (105.17%), Vitamin B12: 4.64µg (77.26%), Selenium: 49.8µg (71.15%), Vitamin A: 3394.67IU (67.89%), Zinc: 9.86mg (65.73%), Vitamin B3: 8.99mg (44.93%), Vitamin B6: 0.85mg (42.72%), Iron: 6.93mg (38.53%), Vitamin B2: 0.62mg (36.68%), Vitamin E: 5.13mg (34.17%), Magnesium: 111.76mg (27.94%), Fiber: 6.56g (26.22%), Potassium: 916.65mg (26.19%), Manganese: 0.49mg (24.35%), Copper: 0.37mg (18.59%), Vitamin B1: 0.25mg (16.57%), Vitamin K: 15.73µg (14.98%), Vitamin B5: 1.46mg (14.58%), Folate: 46.1µg (11.53%), Vitamin D: 0.71µg (4.74%), Vitamin C: 2.79mg (3.38%)