



## Tex-Mex Beef Enchiladas

READY IN



80 min.

SERVINGS



4

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons olive oil
- 0.3 cup flour all-purpose (spooned and leveled)
- 14.5 ounces chicken broth canned
- 1.5 tablespoons chili powder
- 1 small chipotles in adobo canned minced
- 1 small onion finely chopped
- 2 garlic clove minced
- 0.8 pound ground beef lean
- 1 serving coarse mustard

- 8 6-inch corn tortillas ()
- 6 ounces cheddar cheese shredded
- 0.3 cup cilantro leaves chopped

## Equipment

- frying pan
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil

## Directions

- Make sauce: In a medium saucepan, heat 1 1/2 tablespoons oil over medium.
- Add flour and cook, whisking occasionally, 1 minute.
- Add broth, chili powder, chipotle and adobo sauce, and 3/4 cup water; bring to a boil, whisking constantly. Reduce heat, and simmer until lightly thickened, about 10 minutes.
- Make filling: In a 10-inch nonstick skillet, heat remaining 1/2 tablespoon oil over medium-high.
- Add onion, garlic, and beef; season with salt and pepper. Cook, stirring, until cooked through, about 8 minutes.
- Preheat oven to 350 degrees. (If freezing, don't place any sauce in baking dish. See Cook's Notes below.) Spoon 1/4 cup sauce in bottom of an 8-inch square baking dish. Set aside. Make enchiladas: Stack tortillas; wrap in foil, and warm in oven, 10 minutes. Fill each with a heaping 1/4 cup beef mixture and 2 tablespoons cheese; tightly roll up.
- Raise oven heat to 450 degrees. Arrange enchiladas, seam side down, in baking dish. Top with remaining sauce; sprinkle with cheese.
- Bake, uncovered, until hot and bubbly, 15 to 20 minutes.
- Let cool 10 minutes before serving.
- Serve garnished with cilantro and, if desired, a green salad.

## Nutrition Facts

PROTEIN 25.83% FAT 47.54% CARBS 26.63%

## Properties

Glycemic Index:68.38, Glycemic Load:15.16, Inflammation Score:-8, Nutrition Score:23.100434655729%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

## Nutrients (% of daily need)

Calories: 531.32kcal (26.57%), Fat: 28.39g (43.67%), Saturated Fat: 11.56g (72.26%), Carbohydrates: 35.77g (11.92%), Net Carbohydrates: 30.46g (11.08%), Sugar: 2g (2.22%), Cholesterol: 95.25mg (31.75%), Sodium: 453.17mg (19.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Phosphorus: 583.91mg (58.39%), Selenium: 34µg (48.57%), Zinc: 6.92mg (46.12%), Vitamin B12: 2.46µg (40.98%), Vitamin B3: 7.74mg (38.7%), Calcium: 373.87mg (37.39%), Vitamin B6: 0.6mg (29.75%), Vitamin A: 1385.67IU (27.71%), Vitamin B2: 0.46mg (27.34%), Iron: 4.06mg (22.55%), Fiber: 5.32g (21.27%), Magnesium: 77.83mg (19.46%), Vitamin E: 2.89mg (19.29%), Potassium: 617.69mg (17.65%), Manganese: 0.34mg (17.18%), Copper: 0.27mg (13.39%), Vitamin B1: 0.18mg (11.93%), Vitamin K: 11.9µg (11.33%), Vitamin B5: 0.88mg (8.79%), Folate: 35µg (8.75%), Vitamin C: 2.06mg (2.5%), Vitamin D: 0.34µg (2.27%)