



HEALTH SCORE

66%

Vegetable Enchiladas



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado thinly sliced
- ☐ 2 cups brown rice cooked
- ☐ 15 ounces black beans low-sodium rinsed drained canned
- ☐ 1.5 tablespoons chili powder dark
- ☐ 0.5 tablespoon chipotle chili powder
- ☐ 12 6-inch corn tortillas (es each)
- ☐ 8 ounces enchilada sauce canned
- ☐ 6 sprigs cilantro leaves fresh

- ☐ 1 teaspoons ground cumin
- ☐ 1.5 tablespoons olive oil divided
- ☐ 1 medium onion diced
- ☐ 1 cup pepper jack cheese shredded divided
- ☐ 1 cup corn frozen thawed
- ☐ 1 cup roasted peppers red
- ☐ 1 spring onion chopped
- ☐ 1 pound sweet potatoes and into diced peeled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 300°F. In a bowl, toss potatoes in 1 tablespoons oil; spread on a baking sheet.
- ☐ Bake until potatoes are soft and browned, 20 to 25 minutes. Wrap tortillas in foil; bake 10 minutes. In a large pan over medium heat, heat remaining 1/2 tablespoon oil.
- ☐ Add onion, chili powder, chipotle and cumin; cook until onion is tender, 3 to 5 minutes.
- ☐ Add corn, peppers and black beans; cook 5 minutes. Set aside half of corn mixture.
- ☐ Add potatoes, rice and enchilada sauce to pan; cook 6 minutes.
- ☐ Place 6 tortillas on a baking sheet.
- ☐ Spread potato mixture and 1/2 cup cheese evenly among tortillas. Top with remaining 6 tortillas, remaining 1/2 cup cheese and reserved corn mixture; bake 7 minutes. Divide avocado, scallion and cilantro among enchiladas.
- ☐ Self

Nutrition Facts



 PROTEIN **11.77%**  FAT **23.24%**  CARBS **64.99%**

Properties

Glycemic Index:55.04, Glycemic Load:45.34, Inflammation Score:-10, Nutrition Score:34.91739153862%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 690.45kcal (34.52%), Fat: 18.33g (28.2%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 115.3g (38.43%), Net Carbohydrates: 97.39g (35.41%), Sugar: 7.5g (8.33%), Cholesterol: 16.76mg (5.59%), Sodium: 1149.98mg (50%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.88g (41.77%), Vitamin A: 12262.52IU (245.25%), Manganese: 3.12mg (156.17%), Fiber: 17.91g (71.65%), Phosphorus: 588.97mg (58.9%), Magnesium: 205.88mg (51.47%), Vitamin B6: 0.91mg (45.44%), Vitamin B1: 0.55mg (36.52%), Copper: 0.66mg (33.16%), Potassium: 1134.02mg (32.4%), Folate: 119µg (29.75%), Vitamin B3: 5.94mg (29.7%), Iron: 5.32mg (29.54%), Calcium: 284.77mg (28.48%), Vitamin C: 23.04mg (27.93%), Zinc: 3.76mg (25.1%), Vitamin B5: 2.39mg (23.92%), Vitamin K: 24.91µg (23.73%), Vitamin B2: 0.38mg (22.16%), Vitamin E: 2.69mg (17.91%), Selenium: 8.39µg (11.98%), Vitamin B12: 0.16µg (2.61%)