



Vegetable Enchiladas



Vegetarian



Gluten Free



Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 qts baby spinach
- ☐ 1 cup black beans rinsed cooked
- ☐ 9 all-corn tortillas quartered
- ☐ 19 oz enchilada sauce canned
- ☐ 1 cup regular corn frozen
- ☐ 6 tablespoons green onions chopped
- ☐ 1 cup monterrey jack cheese shredded
- ☐ 0.5 onion chopped

- ☐ 1 cup refried beans
- ☐ 1 tablespoon vegetable oil

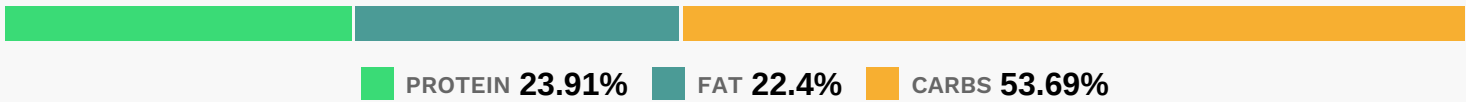
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Heat oil in a large frying pan over medium heat.
- ☐ Add onion and cook until translucent, about 4 minutes.
- ☐ Add spinach and cook, stirring as needed, until almost completely wilted.
- ☐ Add corn and cook until hot. Set aside.
- ☐ Put 6 ovenproof baking dishes* (each about 12-oz. capacity) on a rimmed baking sheet. Working with one dish at a time, spoon in 2 tbsp. enchilada sauce. Top with 2 tortilla quarters, 2 rounded tbsp. each refried beans and black beans, 1 tbsp. cheese, and 2 more tortilla quarters, pushing tortillas down gently as you layer them over cheese and beans. Spoon in 1/3 cup (packed) vegetable mixture, then 2 more tortilla quarters, 3 tbsp. enchilada sauce, and 2 tbsp. cheese. Repeat layering with remaining dishes.
- ☐ Bake enchiladas until bubbling, cheese is melted, and tortillas are starting to brown on edges, about 30 minutes.
- ☐ Sprinkle with green onions.
- ☐ *Or use a 9- by 13-in. baking dish, spreading one-third of sauce over bottom; top with one-third of tortillas, the beans, one-third of cheese, one-third of tortillas, the vegetable mixture, remaining tortillas, remaining sauce, and remaining cheese.

Nutrition Facts



Properties

Glycemic Index:39.58, Glycemic Load:12.35, Inflammation Score:-10, Nutrition Score:56.319130037142%

Flavonoids

Luteolin: 3.5mg, Luteolin: 3.5mg, Luteolin: 3.5mg, Luteolin: 3.5mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 30.33mg, Kaempferol: 30.33mg, Kaempferol: 30.33mg, Kaempferol: 30.33mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 21.29mg, Quercetin: 21.29mg, Quercetin: 21.29mg, Quercetin: 21.29mg

Nutrients (% of daily need)

Calories: 417.22kcal (20.86%), Fat: 11.32g (17.42%), Saturated Fat: 4.5g (28.1%), Carbohydrates: 61.06g (20.35%), Net Carbohydrates: 41.42g (15.06%), Sugar: 9.94g (11.05%), Cholesterol: 16.76mg (5.59%), Sodium: 1515.68mg (65.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.19g (54.38%), Vitamin K: 2302.54µg (2192.89%), Vitamin A: 45210.18IU (904.2%), Folate: 982.6µg (245.65%), Manganese: 4.57mg (228.29%), Vitamin C: 138.54mg (167.93%), Magnesium: 437.96mg (109.49%), Iron: 15.23mg (84.64%), Potassium: 2940.68mg (84.02%), Fiber: 19.65g (78.6%), Calcium: 669mg (66.9%), Vitamin E: 9.98mg (66.56%), Vitamin B2: 1.04mg (61.26%), Vitamin B6: 1.11mg (55.33%), Phosphorus: 506.87mg (50.69%), Copper: 0.76mg (38.19%), Vitamin B1: 0.51mg (34.29%), Zinc: 4.14mg (27.58%), Vitamin B3: 4.68mg (23.39%), Selenium: 10.49µg (14.98%), Vitamin B5: 0.56mg (5.55%), Vitamin B12: 0.16µg (2.61%)