



Vegetarian Black Bean Enchiladas



Vegetarian

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READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado chopped
- ☐ 14.3 ounce vegetarian refried black beans canned
- ☐ 4 ounce chiles green canned undrained
- ☐ 1 cup corn kernels thawed
- ☐ 4 ounce cream cheese softened
- ☐ 6 flour tortillas
- ☐ 1 cup cilantro leaves fresh loosely packed chopped
- ☐ 2 cloves garlic peeled

- ☐ 1 teaspoon ground cumin
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 juice of lime juiced
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 2 teaspoons oregano dried
- ☐ 1 small bell pepper red chopped
- ☐ 0.5 cup tomato salsa
- ☐ 2 cups cheddar cheese shredded divided
- ☐ 0.5 cup cup heavy whipping cream sour to taste
- ☐ 0.5 cup tomato sauce
- ☐ 1 cup tomatoes chopped
- ☐ 0.5 cup vegetable broth

Equipment

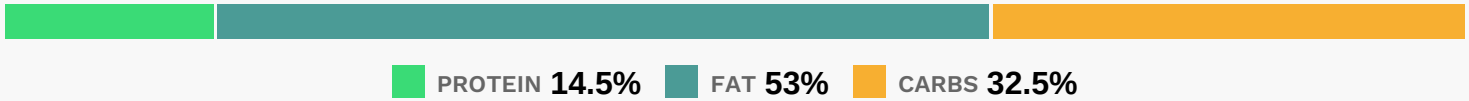
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- ☐ Heat olive oil in a large skillet over medium heat; cook and stir onion and bell pepper in hot oil until tender, about 5 minutes. Reduce heat to medium-low and add refried black beans, corn, and cream cheese; stir well. Season with cumin, salt, and pepper. Simmer until bean mixture is hot, about 5 minutes.
- ☐ Remove from heat.
- ☐ Place cilantro, green chiles and liquid, salsa, tomato sauce, vegetable broth, lime juice, garlic, and oregano in a food processor; blend until smooth, about 10 pulses.

- ☐ Spread about 1/3 cilantro salsa mixture in prepared baking dish.
- ☐ Spread bean mixture evenly down the center of each tortilla and sprinkle with 1 cup Cheddar cheese.
- ☐ Roll tortillas around the cheese and bean fill and arrange enchiladas in the prepared baking dish, seam sides down.
- ☐ Pour remaining cilantro salsa mixture over enchiladas and sprinkle with remaining 1 cup Cheddar cheese.
- ☐ Bake in preheated oven until cheese is melted and sauce is bubbly, 20 to 30 minutes.
- ☐ Garnish with avocado, tomatoes, and sour cream.

Nutrition Facts



Properties

Glycemic Index:74.83, Glycemic Load:9.8, Inflammation Score:-9, Nutrition Score:25.553043562433%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 575.16kcal (28.76%), Fat: 34.85g (53.61%), Saturated Fat: 15.26g (95.36%), Carbohydrates: 48.07g (16.02%), Net Carbohydrates: 36.61g (13.31%), Sugar: 7.76g (8.62%), Cholesterol: 68.06mg (22.69%), Sodium: 987.91mg (42.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.91%), Folate: 199µg (49.75%), Fiber: 11.46g (45.86%), Phosphorus: 423.91mg (42.39%), Calcium: 411.27mg (41.13%), Vitamin C: 33.78mg (40.95%), Vitamin A: 1852.21IU (37.04%), Manganese: 0.72mg (35.98%), Selenium: 21.46µg (30.65%), Vitamin B2: 0.48mg (28.21%), Vitamin K: 28.55µg (27.19%), Vitamin B1: 0.41mg (27.17%), Magnesium: 95.77mg (23.94%), Potassium: 797.86mg (22.8%), Iron: 4.07mg (22.64%), Zinc: 2.97mg (19.81%), Vitamin E: 2.83mg (18.87%), Vitamin B6: 0.37mg (18.38%), Vitamin B3: 3.37mg (16.85%), Copper: 0.33mg (16.36%), Vitamin B5: 1.22mg (12.22%), Vitamin B12: 0.48µg

(8.02%), Vitamin D: 0.23µg (1.51%)