



Vegetarian Enchilada Pies



Vegetarian



Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bell pepper chopped
- ☐ 15 oz black beans rinsed mashed drained canned
- ☐ 12 6-inch corn tortillas ()
- ☐ 4 servings cilantro leaves fresh sour red chopped
- ☐ 2 oz hibiscus petals dried
- ☐ 0.3 teaspoon thyme dried
- ☐ 4 servings enchilada sauce
- ☐ 1 teaspoon kosher salt

- ☐ 5 oz monterrey jack cheese shredded
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 cup queso fresco crumbled
- ☐ 1 tablespoon sugar
- ☐ 1 cup onion sweet thinly sliced
- ☐ 1 cup vegetable stock
- ☐ 1.5 cups zucchini chopped

Equipment

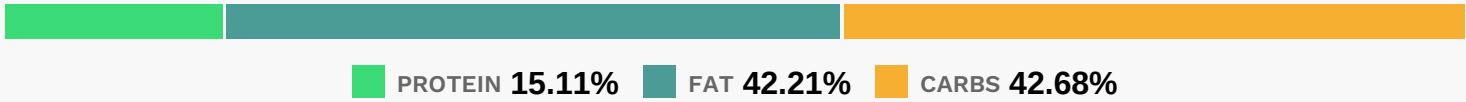
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Bring flowers and 2 cups water to a simmer in a small saucepan over medium heat.
- ☐ Remove from heat; cover and let stand 5 to 8 minutes or until flowers are plump.
- ☐ Drain flowers, and coarsely chop.
- ☐ Saut flowers, onion, and next 2 ingredients in hot oil in a large skillet over medium heat 10 minutes or until vegetables are tender. Stir in beans and next 4 ingredients, and cook, stirring often, 2 minutes.
- ☐ Pour broth into a shallow dish. Dip 4 tortillas, 1 at a time, in broth, and place 1 inch apart on a foil-lined 15- x 10-inch jelly-roll pan. Divide half of hibiscus mixture among tortillas; top each with about 2 Tbsp. Monterey Jack cheese and 1/4 cup warm Enchilada Sauce. Repeat layers once; top each stack with a tortilla. Spoon 1/4 cup Enchilada Sauce over each stack.
- ☐ Bake at 350 for 20 minutes or until bubbly.
- ☐ Sprinkle with queso fresco and remaining Monterey Jack cheese.
- ☐ Serve with Enchilada Sauce and toppings.

- ☐ *20 (4-inch) corn tortillas may be substituted.
- ☐ Add 2 more layers, and divide filling accordingly.

Nutrition Facts



Properties

Glycemic Index:69.15, Glycemic Load:18.44, Inflammation Score:-10, Nutrition Score:29.91956524227%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 639.14kcal (31.96%), Fat: 30.78g (47.36%), Saturated Fat: 11.11g (69.46%), Carbohydrates: 70.05g (23.35%), Net Carbohydrates: 54.54g (19.83%), Sugar: 14.25g (15.84%), Cholesterol: 42.06mg (14.02%), Sodium: 2117.28mg (92.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.79g (49.58%), Vitamin C: 85.9mg (104.13%), Fiber: 15.51g (62.02%), Phosphorus: 619.84mg (61.98%), Vitamin A: 2829.01IU (56.58%), Calcium: 481.31mg (48.13%), Manganese: 0.72mg (35.76%), Magnesium: 127.23mg (31.81%), Folate: 123.82µg (30.95%), Vitamin B6: 0.56mg (28.25%), Vitamin B2: 0.45mg (26.22%), Iron: 4.5mg (24.99%), Potassium: 818.23mg (23.38%), Zinc: 3.42mg (22.79%), Vitamin E: 3.36mg (22.37%), Selenium: 14.62µg (20.88%), Vitamin B1: 0.3mg (20.18%), Copper: 0.4mg (20.09%), Vitamin K: 18.51µg (17.63%), Vitamin B3: 2.71mg (13.55%), Vitamin B12: 0.55µg (9.17%), Vitamin B5: 0.73mg (7.26%), Vitamin D: 0.62µg (4.16%)