

VELVEETA® Jalapeño Enchiladas

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 6-inch corn tortillas warmed ()
- 2 cups enchilada sauce divided
- 1 lb extra-lean ground beef lean
- 2 Tbsp cilantro leaves fresh chopped
- 1 onion chopped
- 1 jalapeño pepper seeded finely chopped
- 8 oz queso blanco velveeta divided cut into 1/2-inch cubes,

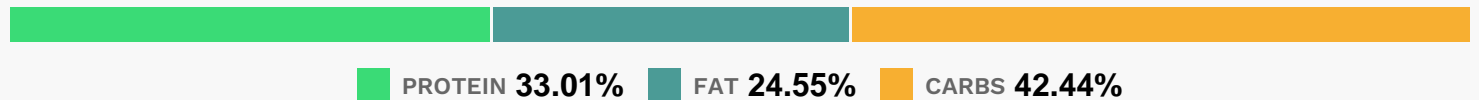
Equipment

- frying pan
- oven
- baking pan

Directions

- Heat oven to 350F.
- Brown meat with onions in large nonstick skillet; drain. Return meat mixture to skillet. Stir in 1/2 cup enchilada sauce and half of the VELVEETA.
- Spread 1/2 cup of the remaining enchilada sauce onto bottom of 13x9-inch baking dish sprayed with cooking spray. Spoon 1/4 cup meat mixture down center of each tortilla; roll up.
- Place, seam sides down, in baking dish; top with remaining VELVEETA, peppers and remaining enchilada sauce.
- Bake 30 min. or until enchiladas are heated through and VELVEETA is melted.
- Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:3.14, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:2.2060869598518%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 45.42kcal (2.27%), Fat: 1.24g (1.91%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.15g (1.51%), Sugar: 1.3g (1.45%), Cholesterol: 8.37mg (2.79%), Sodium: 182.3mg (7.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Phosphorus: 94.09mg (9.41%), Zinc: 0.73mg (4.89%), Vitamin B12: 0.23µg (3.76%), Calcium: 36.12mg (3.61%), Vitamin B3: 0.66mg (3.31%), Vitamin B2: 0.05mg (3.19%), Selenium: 2.19µg (3.13%), Vitamin B6: 0.06mg (2.89%), Fiber: 0.67g (2.66%), Vitamin A: 122.15IU (2.44%), Iron: 0.4mg (2.24%), Potassium: 69.12mg (1.97%), Magnesium: 7.5mg (1.87%), Manganese: 0.03mg (1.48%)