



## (Web Exclusive) Round 2 : Black Bean Enchiladas

 Vegetarian

READY IN



32 min.

SERVINGS



8

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 30 ounce black beans divided rinsed drained canned
- ☐ 2 tablespoons freshly cilantro leaves chopped
- ☐ 8 corn tortillas
- ☐ 1 eggs
- ☐ 10 ounce enchilada sauce canned
- ☐ 1 tablespoon garlic chopped

- ☐ 8 servings salt and ground pepper fresh black
- ☐ 4 hamburger rolls
- ☐ 0.3 cup catsup
- ☐ 2 teaspoons freshly parsley leaves chopped
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 4 small romaine lettuce leaves or any other type you have on hand
- ☐ 0.5 cup cheddar shredded
- ☐ 1 tomatoes sliced
- ☐ 0.5 medium onion yellow roughly chopped

## Equipment

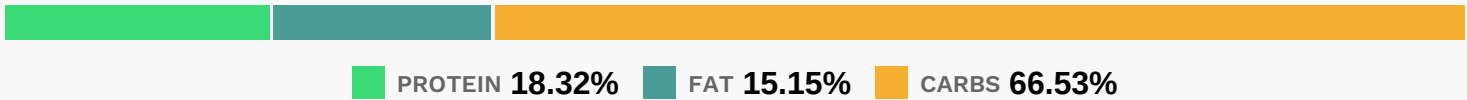
- ☐ food processor
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ grill
- ☐ microwave
- ☐ grill pan

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Pour half the of the enchilada sauce into the bottom of a baking dish.
- ☐ Warm tortillas by wrapping in a damp paper towel and heating in microwave for 45 seconds or until soft and pliable.
- ☐ Place 2 tablespoons of black been burger mixture onto the bottom third of a tortilla.
- ☐ Roll the tortilla up and place seam side down into the baking dish. Repeat with remaining Black Bean Burger mixture and tortillas.

- ☐ Pour the remaining enchilada sauce over the filled tortillas. Top with the Cheddar and bake in the preheated oven for 15 to 20 minutes or until the cheese is browned and bubbly.
- ☐ Heat a grill or grill pan over medium–low heat.
- ☐ In a food processor, pulse onion and garlic until finely chopped.
- ☐ Add 1 can black beans, cilantro, parsley, egg, and red pepper flakes and pulse to combine.
- ☐ Transfer mixture to a large mixing bowl, add the remaining can of black beans and the bread crumbs. Season with salt and pepper, to taste, and mix until well combined.
- ☐ Reserve 1/3 of the black bean mixture for Black Bean Enchiladas. Divide remaining mixture into 4 portions and form into patties.
- ☐ Place on hot oiled grill over medium–low heat and cook about 6 minutes a side or until heated through. Toast hamburger buns on a grill.
- ☐ Place a burger on the bottom of each bun. Top with lettuce, tomato and ketchup. Cover the burgers with the top of the bun and serve.

## Nutrition Facts



## Properties

Glycemic Index:41.31, Glycemic Load:11.92, Inflammation Score:-9, Nutrition Score:17.190000109051%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

## Nutrients (% of daily need)

Calories: 308.52kcal (15.43%), Fat: 5.29g (8.13%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 52.21g (17.4%), Net Carbohydrates: 41.24g (14.99%), Sugar: 7.1g (7.89%), Cholesterol: 27.52mg (9.17%), Sodium: 1009.28mg (43.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.76%), Fiber: 10.98g (43.91%), Vitamin A: 1774.46IU (35.49%), Folate: 121.16µg (30.29%), Manganese: 0.6mg (30.16%), Phosphorus: 286.5mg (28.65%), Vitamin B1: 0.38mg (25.45%), Iron: 3.99mg (22.18%), Selenium: 14.52µg (20.74%), Vitamin B2: 0.32mg (18.89%), Magnesium: 72.3mg (18.08%), Vitamin K: 18.51µg (17.63%), Calcium: 166.22mg (16.62%), Copper: 0.32mg (16.09%), Potassium: 538.85mg (15.4%), Vitamin B3: 2.68mg (13.39%), Zinc: 1.6mg (10.68%), Vitamin B6: 0.21mg (10.48%), Vitamin C: 7.71mg (9.35%), Vitamin B5: 0.43mg (4.29%), Vitamin E: 0.51mg (3.41%), Vitamin B12: 0.19µg (3.17%), Vitamin D:

0.15µg (1.02%)