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Easiest Beef Enchiladas ♦♦

These beef enchiladas are incredibly easy to make and packed with flavor. They are perfect for a quick and delicious weeknight dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 800 grams

Number of Servings: 4

Serving Size: 200 g

Ingredients

500 g	Ground Beef
8 pieces	flour tortillas
2 c	enchilada sauce
2 c	shredded cheese
1 c	chopped onion
2 tsp	minced garlic

1 tsp	Ground Cumin
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Oven

Preheat the oven to 350°F (175°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a large skillet, cook the ground beef, onion, and garlic over medium heat until the beef is browned. Drain any excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Stir in the cumin, salt, and black pepper. Cook for an additional 2 minutes.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Spread a thin layer of enchilada sauce on the bottom of a baking dish.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Place a spoonful of the beef mixture onto each tortilla. Roll up the tortillas and place them seam-side down in the baking dish.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Pour the remaining enchilada sauce over the tortillas. Sprinkle the shredded cheese on top.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Oven

Bake in the preheated oven for 15 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 15 mins

Nutrition Facts

Calories: 450 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 28 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	28 g	50.91%	56%
Fibers	4 g	10.53%	16%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
Cholesterol	90 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	950 mg	41.3%	41.3%
Calcium	25 mg	2.5%	2.5%
Iron	20 mg	250%	111.11%
Potassium	550 mg	16.18%	21.15%
Zinc	5 mg	45.45%	62.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Mexican

Middle Eastern

Course

Salads

Main Dishes

Snacks

Events

Picnic

Diet

Anti-Inflammatory Diet

Kitchen Tools

Grill

Blender

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Sugar-Free

High Vitamin C

High Iron

High Calcium

Meal Type

Breakfast

Lunch

Dinner

Snack

Difficulty Level

Easy

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