

Mexican Beef Enchiladas

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-mexican-enchiladas-recipe>

Ingredients:

- 12 corn tortillas
- 1 1/2 pounds ground beef
- 1 onion chopped
- 4 garlic cloves minced
- 8 ounces tomato sauce
- 1 bunch cilantro leaves chopped, stems discarded
- 8 ounces shredded cheddar cheese
- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 tablespoon oil
- salt
- pepper

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 175 milligrams
4. Fat: 52 grams
5. Fiber: 8 grams
6. Protein: 53 grams
7. SaturatedFat: 23 grams
8. Sodium: 950 milligrams
9. Sugar: 8 grams
10. TransFat: 1.5 grams

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