

BUTTER BUDS®

EASY ENCHILADA CASSEROLE

Number of portions: 12 Size of portion: 3" x 3"

Ground Beef (85% lean)	2 lb	Preheat Oven to 350°F. In a skillet, brown meat and add onion flakes. Drain grease off. Add soups and enchilada sauce. Stir well. In mixing bowl combine Cheddar Buds® dry mix with hot water. Stir until well blended. In a greased baking dish (9"x13"x2"), layer meat tortilla and cheese sauce as follows: Bottom layer= 1/3 meat mixture, 6 tortillas, 1 cup cheese sauce. Second layer= 1/3 meat mixture, 6 tortillas, 3/4 cheese sauce. Top layer = 1/3 meat mixture, 6 tortillas, cover with shredded cheese.
Onion (dehydrated flakes)	¼ cup	
Cream of Chicken Soup – canned	10 ½ oz	
Cream of Mushroom Soup – canned	10 ½ oz	
Enchilada Sauce – canned	10 ½ oz	
Cheddar Buds® , dry mix	7/8 cup	
Water	1 ¾ cup	
Cheddar Cheese - shredded	2 oz	

Nutritional Information

Calories 324 kcal Iron 2.27 mg Protein *19.33* g 23.86% Calories from protein Cholesterol 60.53 mg
Calcium 137.88 mg Carbohydrates 25.75 g 31.79% Calories from carbohydrates Sodium 549.31 mg
Vitamin A 405.79 IU Total Fat 15.39 g 42.76% Calories from total fat Dietary Fiber 2.44 g Vitamin A 80.26
RE Saturated Fat 5.62 g 15.62% Calories from saturated fat Trans Fat¹ *0.71* g Vitamin C 1.94 mg Trans
Fat¹ *0.71* g *1.96*% Calories from trans fat Ash¹ *1.36* g Water¹ *123.57* g

*Note: *N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes optional nutrient values