



Apple Enchiladas

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



481 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 21 ounce apple fruit filling canned
- 0.5 cup firmly brown sugar light packed
- 0.3 cup butter
- 6 8-inch flour tortillas ()
- 1 teaspoon ground cinnamon
- 0.5 cup sugar
- 0.5 cup water

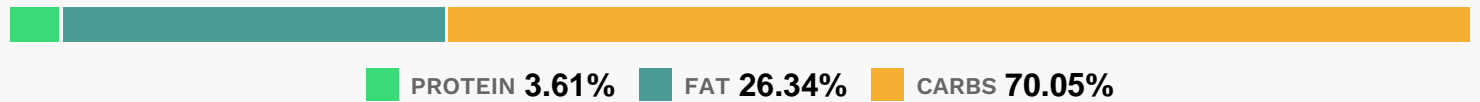
Equipment

- sauce pan
- oven
- baking pan

Directions

- Spoon fruit filling evenly down center of each tortilla; sprinkle evenly with cinnamon.
- Roll up, and place, seam side down, in a lightly greased 2-quart baking dish.
- Bring butter and next 3 ingredients to a boil in a medium saucepan; reduce heat, and simmer, stirring constantly, 3 minutes.
- Pour over enchiladas; let stand 30 minutes.
- Bake at 350 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:18.18, Glycemic Load:19.6, Inflammation Score:-5, Nutrition Score:7.4573912238297%

Nutrients (% of daily need)

Calories: 480.61kcal (24.03%), Fat: 14.38g (22.13%), Saturated Fat: 3.6g (22.48%), Carbohydrates: 86.06g (28.69%), Net Carbohydrates: 83.1g (30.22%), Sugar: 50.01g (55.57%), Cholesterol: 0mg (0%), Sodium: 547.24mg (23.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Vitamin B1: 0.27mg (17.98%), Manganese: 0.35mg (17.47%), Selenium: 12µg (17.14%), Iron: 2.31mg (12.81%), Folate: 48.27µg (12.07%), Fiber: 2.95g (11.82%), Phosphorus: 115.85mg (11.59%), Vitamin B3: 2.32mg (11.58%), Calcium: 101.53mg (10.15%), Vitamin B2: 0.16mg (9.57%), Vitamin A: 475.9IU (9.52%), Copper: 0.12mg (6.08%), Vitamin K: 4.27µg (4.07%), Potassium: 139.85mg (4%), Magnesium: 15.63mg (3.91%), Vitamin E: 0.44mg (2.92%), Vitamin B6: 0.06mg (2.76%), Zinc: 0.33mg (2.17%), Vitamin C: 1.72mg (2.09%), Vitamin B5: 0.16mg (1.61%)