



Authentic Mexican Enchiladas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chile de arbol peppers dried
- ☐ 18 6-inch corn tortillas ()
- ☐ 1 clove garlic
- ☐ 0.5 cup green onions chopped
- ☐ 1 cup lettuce shredded
- ☐ 3 cups queso fresco crumbled
- ☐ 1 teaspoon salt
- ☐ 1 cup heavy whipping cream sour

- ☐ 2 medium tomatoes thinly sliced
- ☐ 1 cup vegetable oil for frying
- ☐ 0.8 cup water

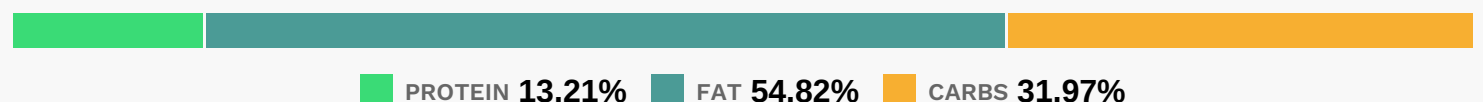
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Snap the tops off of the dried chilies, and place in a saucepan with enough water to cover. Bring to a boil, and simmer for 15 minutes.
- ☐ Drain the water, and place chilies into a food processor or blender with the garlic and salt. Puree until smooth. Press sauce through a strainer, and set aside.
- ☐ Heat the oil in a large skillet over medium heat. Soak each tortilla in the sauce, then place in the hot oil. Turn over almost immediately, and fry for about 5 seconds on the other side.
- ☐ Remove to a plate that is lined with paper towels. The easiest way to do this is to fry the tortillas and stack them directly on top of each other until you have fried them all. This will keep the tortillas pliable until you are ready to fill them.
- ☐ Take one fried tortilla at a time, and fill with about 2 tablespoons of the queso fresco.
- ☐ Roll up, and place seam side down on a plate.
- ☐ Place three of these on each plate. Top in the following order: Start with a layer of sour cream, then a small handful of lettuce, three tomato slices, 2 more tablespoons of queso fresco, and finally, 1 tablespoon of green onions.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:15.75, Inflammation Score:-8, Nutrition Score:17.601304427437%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 506.66kcal (25.33%), Fat: 31.59g (48.6%), Saturated Fat: 13.22g (82.64%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 35.54g (12.92%), Sugar: 5.13g (5.7%), Cholesterol: 64.71mg (21.57%), Sodium: 899.28mg (39.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.13g (34.26%), Phosphorus: 525.79mg (52.58%), Calcium: 461.67mg (46.17%), Vitamin K: 38.48µg (36.65%), Vitamin A: 1349.38IU (26.99%), Selenium: 18.1µg (25.86%), Fiber: 5.92g (23.68%), Magnesium: 82.52mg (20.63%), Zinc: 2.86mg (19.05%), Vitamin B12: 1.11µg (18.42%), Manganese: 0.36mg (17.78%), Vitamin B2: 0.24mg (14.39%), Vitamin B6: 0.29mg (14.3%), Potassium: 420.21mg (12.01%), Vitamin D: 1.65µg (10.98%), Vitamin E: 1.49mg (9.93%), Vitamin C: 8.18mg (9.91%), Copper: 0.19mg (9.45%), Vitamin B1: 0.13mg (8.85%), Iron: 1.43mg (7.97%), Vitamin B3: 1.57mg (7.86%), Folate: 25.7µg (6.43%), Vitamin B5: 0.49mg (4.94%)