



Bountiful Garden Zucchini Enchiladas

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 8-inch flour tortillas ()
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup chiles diced green canned
- ☐ 1 cup milk

- ☐ 0.5 cup monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups tomatoes chopped
- ☐ 3 cups zucchini diced

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C).
- ☐ Heat oil in a large skillet over medium-high heat. Cook the onion and garlic in the oil until tender, about 5 minutes. Stir in zucchini, 1/4 cup diced chiles, 1 teaspoon chili powder, and 1/4 teaspoon black pepper. Cook until softened, 3 to 5 minutes.
- ☐ Remove zucchini mixture from skillet and reserve.
- ☐ Melt butter in the skillet over medium low heat. Stir in flour, salt, remaining 1 teaspoon chili powder, and 1/8 teaspoon pepper. Cook, stirring, for 1 minute.
- ☐ Pour in milk; whisk until thickened, 3 to 5 minutes. Stir in the remaining 1/4 cup of diced chiles and 1 cup of Monterey Jack cheese.
- ☐ Stir 1/2 cup of cheese sauce into the zucchini mixture. Spoon 1/3 cup squash mixture down the center of each tortilla; roll up.
- ☐ Place filled tortillas in prepared baking dish, pour remaining cheese sauce over. Cover and bake in preheated oven until hot, about 25 minutes.
- ☐ Remove from oven; sprinkle with remaining 1/2 cup Monterey Jack cheese and the chopped tomatoes.

Nutrition Facts



 **PROTEIN 12.1%**  **FAT 40.01%**  **CARBS 47.89%**

Properties

Glycemic Index:91.5, Glycemic Load:20.68, Inflammation Score:-8, Nutrition Score:23.307826125103%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 538.68kcal (26.93%), Fat: 24.14g (37.13%), Saturated Fat: 11.02g (68.87%), Carbohydrates: 65.02g (21.67%), Net Carbohydrates: 58.91g (21.42%), Sugar: 11.82g (13.13%), Cholesterol: 34.94mg (11.65%), Sodium: 1103.44mg (47.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.85%), Vitamin B1: 0.66mg (43.97%), Manganese: 0.84mg (41.96%), Phosphorus: 401.75mg (40.17%), Selenium: 27.96µg (39.95%), Calcium: 366.25mg (36.63%), Folate: 146.31µg (36.58%), Vitamin C: 29.78mg (36.1%), Vitamin B2: 0.56mg (33.08%), Vitamin B3: 5.72mg (28.58%), Iron: 4.79mg (26.59%), Fiber: 6.11g (24.43%), Vitamin A: 1194.03IU (23.88%), Potassium: 677.91mg (19.37%), Vitamin B6: 0.38mg (18.97%), Vitamin K: 19.67µg (18.73%), Magnesium: 61.75mg (15.44%), Zinc: 1.73mg (11.56%), Copper: 0.22mg (11%), Vitamin E: 1.35mg (8.98%), Vitamin B12: 0.46µg (7.64%), Vitamin B5: 0.74mg (7.43%), Vitamin D: 0.76µg (5.04%)