



Breakfast Enchiladas with Red Sauce



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



187 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cup chicken broth
- ☐ 1 teaspoon sage leaves fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 2 cloves garlic crushed
- ☐ 1 teaspoon ground cumin

- ☐ 1 pound pd of ground turkey
- ☐ 1 jalapeño minced seeded
- ☐ 3 tablespoons brown sugar light
- ☐ 0.5 cup onion diced
- ☐ 1 teaspoon pepper flakes red
- ☐ 3 cups roma tomatoes seeded chopped
- ☐ 1 teaspoon salt
- ☐ 6 servings salt
- ☐ 2 tablespoons tomato paste
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan
- ☐ potato masher

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: 10 by 12-inch baking dish
- ☐ Preheat oven to 375 degrees F.
- ☐ Heat the oil in a small saucepan over medium-high heat.
- ☐ Add onion and salt, and saute until onions start to soften, about 3 minutes.
- ☐ Add garlic, cumin, and tomato paste and saute until paste starts to brown, another 4 to 6 minutes.

- ☐ Add tomatoes and chicken broth. Bring to a boil, reduce heat to medium and simmer until tomatoes break down and sauce thickens, about 20 minutes. Season with salt, to taste.
- ☐ To make the turkey sausage: In a large bowl, mix together all the ingredients but the oil with your hands.
- ☐ Heat the oil in a cast iron skillet over medium-high heat until pan is hot.
- ☐ Add sausage and brown until turkey is almost crispy, breaking up the sausage mixture as it cooks, about 10 minutes. Set aside.
- ☐ In a bowl, mix together tomatoes and cilantro. Set aside.
- ☐ Whisk the eggs with the milk in a medium bowl. In a fry pan, over medium low heat, melt butter.
- ☐ Add eggs and let sit to form curds, about 30 seconds, then gently move curds around pan, let sit another 30 seconds and repeat until eggs are just cooked, about 3 to 4 minutes.
- ☐ Remove from heat.
- ☐ To assemble enchiladas: Grease the baking dish lightly with oil. Heap 2 or 3 large spoonfuls of the turkey sausage into the center of a tortilla. Put another 2 spoonfuls of the egg mixture on top followed by the chopped tomato and 1 tablespoon of each cheese.
- ☐ Roll up tightly and place in the baking dish, seam side down. Repeat with remaining tortillas.
- ☐ Pour Red Sauce down the middle over tortillas and sprinkle with remaining cheese.
- ☐ Bake, until cheese is golden and bubbly, about 20 minutes.
- ☐ Serve with dollop of sour cream and Sunny's Refried Beans on the side.
- ☐ In a saucepan, heat oil over medium heat.
- ☐ Add garlic, jalapeno, onion and Sazon.
- ☐ Saute until they start to soften, about 3 minutes.
- ☐ Add 1 can of pinto beans including the liquid in the can. Simmer until beans heat through and soften, another 4 to 5 minutes. Using a fork or potato masher, mash the beans.
- ☐ Drain the second can of pinto beans and add those to the pot. Stir mixture together and cook until beans warm through. Stir in lime juice and season, to taste, with salt and pepper.
- ☐ Serve with Breakfast Enchiladas.

Nutrition Facts



 **PROTEIN 40.67%**  **FAT 30.29%**  **CARBS 29.04%**

Properties

Glycemic Index:52.67, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:16.758260923883%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 187.29kcal (9.36%), Fat: 6.54g (10.07%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 11.89g (4.32%), Sugar: 10.47g (11.63%), Cholesterol: 42.36mg (14.12%), Sodium: 821.93mg (35.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.53%), Copper: 1.17mg (58.65%), Vitamin B3: 8.42mg (42.11%), Vitamin B6: 0.81mg (40.64%), Vitamin C: 22.22mg (26.94%), Vitamin A: 1265.99IU (25.32%), Selenium: 17.61µg (25.15%), Phosphorus: 216.52mg (21.65%), Vitamin K: 19.37µg (18.45%), Potassium: 622.57mg (17.79%), Manganese: 0.29mg (14.57%), Zinc: 1.68mg (11.23%), Magnesium: 43.27mg (10.82%), Vitamin E: 1.56mg (10.39%), Fiber: 2.23g (8.91%), Iron: 1.58mg (8.8%), Vitamin B2: 0.15mg (8.65%), Vitamin B5: 0.83mg (8.28%), Vitamin B1: 0.12mg (7.77%), Folate: 28.08µg (7.02%), Vitamin B12: 0.39µg (6.56%), Calcium: 37.22mg (3.72%), Vitamin D: 0.3µg (2.02%)