



Butternut Squash Enchiladas

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 butternut squash unpeeled seeded
- 8 5-inch corn tortillas ()
- 0.3 cup cotija cheese crumbled
- 1 cup enchilada sauce
- 1 clove garlic minced
- 0.3 cup goat cheese crumbled
- 2 tablespoons olive oil
- 0.3 onion chopped

- 2 cups pkt spinach fresh chopped
- 4 sun-dried tomatoes chopped
- 0.5 cup water

Equipment

- frying pan
- baking sheet
- oven
- mixing bowl
- microwave

Directions

- Preheat an oven to 400 degrees F (200 degrees C).
- Lay the tortillas flat onto a baking sheet.
- Bake in the preheated oven until crispy, about 10 minutes.
- Remove and allow to cool. Meanwhile, place the butternut squash half into a microwave-safe dish cut-side-down, and pour in the water. Cook in the microwave until tender, 12 to 15 minutes. Once cool enough to handle, scoop out the flesh and dice; place into a mixing bowl and set aside.
- Heat the olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- Add the spinach and sun-dried tomatoes. Continue cooking until the spinach wilts. Gently fold the spinach mixture into the diced butternut squash.
- Arrange four crispy tortillas on the baking sheet. Divide the squash mixture among the tortillas.
- Sprinkle 1 tablespoon of goat cheese over each tortilla, then top with the remaining tortillas.
- Pour the enchilada sauce over top, and sprinkle each with 1 tablespoon of cotija cheese.
- Bake in the preheated oven until hot, about 10 minutes.
- Garnish each enchilada with chopped cilantro leaves and a dollop of sour cream to serve.

Nutrition Facts

PROTEIN 11.99% FAT 41.25% CARBS 46.76%

Properties

Glycemic Index:49.13, Glycemic Load:7.02, Inflammation Score:-10, Nutrition Score:20.317826131116%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 274.78kcal (13.74%), Fat: 13.17g (20.26%), Saturated Fat: 4.47g (27.95%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 27.91g (10.15%), Sugar: 7.6g (8.44%), Cholesterol: 14.87mg (4.96%), Sodium: 713.9mg (31.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.23%), Vitamin A: 11976.84IU (239.54%), Vitamin K: 79.02µg (75.26%), Vitamin C: 26.63mg (32.28%), Manganese: 0.51mg (25.33%), Fiber: 5.68g (22.73%), Phosphorus: 220.08mg (22.01%), Magnesium: 76.59mg (19.15%), Vitamin E: 2.8mg (18.66%), Vitamin B6: 0.35mg (17.27%), Potassium: 566.3mg (16.18%), Calcium: 158.76mg (15.88%), Folate: 63.45µg (15.86%), Copper: 0.28mg (14.14%), Iron: 2.41mg (13.37%), Vitamin B2: 0.21mg (12.59%), Vitamin B1: 0.18mg (11.74%), Vitamin B3: 2.08mg (10.38%), Zinc: 1.12mg (7.44%), Selenium: 4.69µg (6.69%), Vitamin B5: 0.66mg (6.63%), Vitamin B12: 0.19µg (3.09%)