



Cheese Enchiladas in Yummy Red Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large can olives black ripe drained sliced
- 0.3 teaspoon pepper black
- 2 cups beef broth canned (= 1 can, can sub chicken or vegetable)
- 1.5 lbs cheese grated kraft (6 cups Mexican 4-cheese blend)
- 1 tablespoon chili powder
- 8 small corn tortillas yellow (6 not 7, and CORN, not flour)
- 0.5 teaspoon cumin
- 1 teaspoon basil dried

- 2 teaspoons parsley dried
- 2 tablespoons olive oil extra virgin
- 2 teaspoons cilantro leaves fresh
- 4 garlic clove minced
- 2 ounces to 2 chilies slit diced green ()
- 1 tablespoon hot sauce good (I use Coyote Cocina Ancho Hot Sauce from Santa Fe, NM www.santafeseasons.com)
- 0.5 cup onion minced
- 0.5 small onion diced finely
- 0.5 cup salsa (I use Pace mild or .)
- 0.3 teaspoon salt
- 2 teaspoons sugar
- 12 ounces tomato paste
- 1 cup water

Equipment

- frying pan
- sauce pan
- oven
- mixing bowl
- baking pan

Directions

- SAUCE:.
- Place garlic in cold, non-reactive (non-aluminum use non-stick or ceramic lined) large sauce pan with oil. Bring up to a medium heat, stirring so that garlic doesn't scorch. Saut for 1 minute, then add onions.
- Add remaining dry spices (through parsley) and saut for 3-4 minutes, to develop oil & spices' flavors.
- Add remaining ingredients, except cilantro. Simmer gently on low for 30 minutes.

- Add cilantro at the end. Cool, and then chill overnight in fridge to let flavors meld. ENCHILADAS: Preheat oven to 350°F.
- Spray a 9 x 13 lasagna pan thoroughly with Pam.
- Spread 1 cup of enchilada sauce in bottom of baking pan.
- Combine cheeses, chilies, onions, and olives in large mixing bowl, tossing gently to thoroughly mix. Stuff and roll enchiladas with 2/3 of the cheese mixture.
- Place them, seam-side down in pan in two rows of 4-5; long the long side of the pan. When all are in pan, pour remaining enchilada sauce FIRST over the outside edges (as they will dry out if not covered), then once down the center.
- Spread remaining cheese mixture on the two lanes that remain uncovered by sauce.
- Bake, uncovered for 25-30 minutes, until bubbly and melted. Cool for 5 minutes to re-congeal before serving. Makes 8-10 enchiladas, serving 4-6 people. For Vegetarian option use Vegetable broth.

Nutrition Facts

PROTEIN 17.09% **FAT 63.3%** **CARBS 19.61%**

Properties

Glycemic Index: 57.6, Glycemic Load: 12.76, Inflammation Score: -9, Nutrition Score: 29.335652247719%

Flavonoids

Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 755.77kcal (37.79%), Fat: 54.92g (84.49%), Saturated Fat: 24.09g (150.59%), Carbohydrates: 38.27g (12.76%), Net Carbohydrates: 29.97g (10.9%), Sugar: 11.37g (12.64%), Cholesterol: 113.4mg (37.8%), Sodium: 2870.15mg (124.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.36g (66.71%), Calcium: 914.84mg (91.48%), Phosphorus: 709.65mg (70.96%), Selenium: 39.23µg (56.05%), Vitamin A: 2767.17IU (55.34%), Vitamin E: 7.34mg (48.95%), Vitamin B2: 0.66mg (39.01%), Zinc: 5.18mg (34.57%), Fiber: 8.31g (33.22%), Potassium: 927.88mg (26.51%), Magnesium: 98.38mg (24.59%), Manganese: 0.45mg (22.31%), Copper: 0.43mg (21.51%), Vitamin C: 17.7mg (21.45%), Vitamin B6: 0.43mg (21.28%), Vitamin B12: 1.26µg (20.97%), Iron: 3.46mg (19.23%), Vitamin K: 18.95µg (18.04%), Vitamin B3: 3.56mg (17.8%), Folate: 41.6µg (10.4%), Vitamin B1: 0.14mg (9.37%), Vitamin B5:

0.71mg (7.14%), Vitamin D: 0.68µg (4.54%)