



Cheese Enchiladas Verde

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounces crema mexicana shredded
- 0.8 cup zucchini shredded
- 0.3 cup cilantro leaves fresh chopped
- 8 6-inch corn tortillas soft (5 or)
- 0.3 cup roasted garlic with roasted garlic soft
- 16 ounces salsa verde green (salsa verde) (2 cups)
- 1 medium avocado diced
- 0.3 cup spring onion sliced

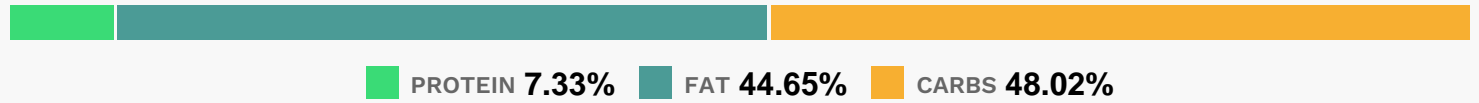
Equipment

- oven
- baking pan

Directions

- Heat oven to 350°F. Spray rectangular baking dish, 11x7x1 1/2 inches, with cooking spray.
- Mix shredded cheese, zucchini and cilantro.
- Spread each tortilla with about 2 teaspoons cream cheese. Spoon about 1/3 cup shredded cheese mixture onto each tortilla; spread to within 1 inch of edge.
- Roll up tortillas; place seam sides down in baking dish.
- Pour salsa over tortillas.
- Cover and bake about 25 minutes or until hot. Top with avocado and onions.

Nutrition Facts



Properties

Glycemic Index:49.88, Glycemic Load:11.65, Inflammation Score:-8, Nutrition Score:13.431304351143%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 345.82kcal (17.29%), Fat: 17.43g (26.82%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 42.19g (14.06%), Net Carbohydrates: 34.89g (12.69%), Sugar: 10.06g (11.17%), Cholesterol: 22.54mg (7.51%), Sodium: 1023.12mg (44.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Fiber: 7.3g (29.21%), Vitamin K: 27.78µg (26.46%), Manganese: 0.49mg (24.29%), Vitamin A: 1151.81IU (23.04%), Vitamin C: 18.48mg (22.4%), Phosphorus: 218.38mg (21.84%), Vitamin B6: 0.43mg (21.34%), Potassium: 699.22mg (19.98%), Magnesium: 60.54mg (15.14%), Calcium: 145.59mg (14.56%), Folate: 53.84µg (13.46%), Copper: 0.23mg (11.46%), Vitamin B3:

1.88mg (9.41%), Vitamin B5: 0.88mg (8.8%), Vitamin E: 1.28mg (8.55%), Zinc: 1.24mg (8.25%), Vitamin B2: 0.14mg (8.24%), Vitamin B1: 0.12mg (7.99%), Selenium: 5.08µg (7.25%), Iron: 1.3mg (7.25%)