



Cheesy Chili Enchiladas

 **Gluten Free** Image not found or type unknown

READY IN

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ready

40 min.

SERVINGS

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servings

10

CALORIES

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calories

509 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce cheddar cheese grated
- ☐ 38 ounce chili without beans wolf brand ® canned (such as)
- ☐ 10 ounce corn tortillas
- ☐ 1 small onion chopped
- ☐ 8 ounce processed cheese divided cubed
- ☐ 0.3 cup vegetable oil

Equipment

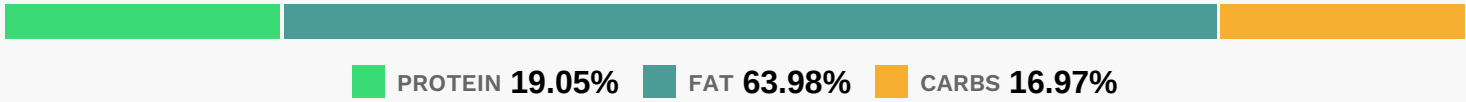
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ tongs

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 baking dish.
- ☐ Warm oil in a small skillet. Use tongs to dip tortillas into the oil one at a time, turning to warm both sides.
- ☐ Sprinkle an even amount of Cheddar cheese down the center of each warmed tortilla.
- ☐ Roll tortillas to enclose cheese; place seam side down in the prepared baking dish.
- ☐ Combine the chili, onion, and half of the processed cheese in a large bowl.
- ☐ Pour the chili mixture over the tortillas; top with the remaining processed cheese.
- ☐ Bake in the preheated oven until hot and bubbly, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:13.15, Glycemic Load:6.15, Inflammation Score:-6, Nutrition Score:17.309565129487%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 509.11kcal (25.46%), Fat: 36.55g (56.22%), Saturated Fat: 16.2g (101.26%), Carbohydrates: 21.82g (7.27%), Net Carbohydrates: 19.37g (7.04%), Sugar: 2.39g (2.66%), Cholesterol: 90.66mg (30.22%), Sodium: 1131.43mg (49.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.49g (48.97%), Calcium: 614.58mg (61.46%), Phosphorus: 527.12mg (52.71%), Selenium: 26.18µg (37.41%), Vitamin B12: 1.92µg (32%), Zinc: 3.82mg (25.46%), Vitamin B2: 0.39mg (23.12%), Manganese: 0.41mg (20.63%), Iron: 2.75mg (15.25%), Magnesium: 60.8mg (15.2%), Copper: 0.27mg (13.72%), Vitamin K: 14.1µg (13.43%), Vitamin A: 669.53IU (13.39%), Vitamin B6: 0.25mg (12.65%), Vitamin E: 1.68mg (11.23%), Fiber: 2.44g (9.77%), Potassium: 327.11mg (9.35%), Vitamin B3: 1.81mg (9.05%), Folate:

22.71µg (5.68%), Vitamin B1: 0.08mg (5.32%), Vitamin B5: 0.49mg (4.87%), Vitamin D: 0.52µg (3.44%), Vitamin C:
2.46mg (2.98%)