



Cheesy Enchiladas

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce philadelphia free cream cheese fat free softened
- ☐ 8 ounce free non-fat cheddar cheese shredded divided kraft
- ☐ 6 6-inch flour tortilla ()
- ☐ 0.3 cup green onions sliced
- ☐ 16 ounce taco bell home originals 'n chunky salsa thick

Equipment

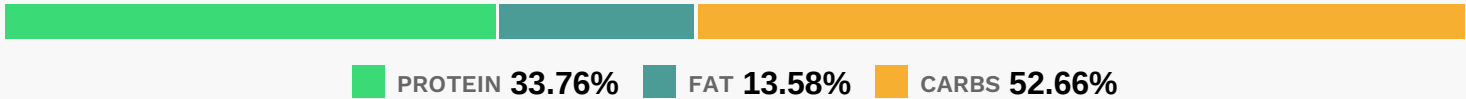
- ☐ oven
- ☐ baking pan

☐ hand mixer

Directions

- ☐ Beat cream cheese with electric mixer on medium speed until smooth.
- ☐ Add 1 cup of the cheddar cheese and onions; mix until blended.
- ☐ Spread 1/4 cup cheese mixture down center of each tortilla; roll up.
- ☐ Place, seam-side down, in 11x7-inch baking dish.
- ☐ Pour salsa over tortillas.
- ☐ Sprinkle with remaining cheddar cheese; cover.
- ☐ Bake at 350 degrees F for 20 to 25 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:4.74, Inflammation Score:-7, Nutrition Score:14.998695788176%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 210.69kcal (10.53%), Fat: 3.23g (4.97%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 25.66g (9.33%), Sugar: 9.92g (11.03%), Cholesterol: 8.69mg (2.9%), Sodium: 1560.32mg (67.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.06g (36.13%), Phosphorus: 639.03mg (63.9%), Calcium: 461.08mg (46.11%), Selenium: 17.03µg (24.33%), Vitamin B2: 0.39mg (23.16%), Vitamin A: 978.97IU (19.58%), Zinc: 2.19mg (14.57%), Vitamin B1: 0.22mg (14.5%), Vitamin K: 15.06µg (14.34%), Folate: 57.33µg (14.33%), Potassium: 457.99mg (13.09%), Vitamin B12: 0.78µg (13.04%), Manganese: 0.25mg (12.34%), Vitamin B3: 2.36mg (11.8%), Vitamin B6: 0.21mg (10.31%), Magnesium: 40.7mg (10.17%), Fiber: 2.52g (10.08%), Iron: 1.65mg (9.14%), Vitamin E: 1.05mg (7.03%), Copper: 0.1mg (5.23%), Vitamin B5: 0.52mg (5.23%), Vitamin C: 2.22mg (2.69%)