



Cheesy Enchiladas

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



24

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 6-inch corn tortillas ()
- 10 ounces monterrey jack cheese shredded
- 10 ounces cheddar cheese shredded extra-sharp
- 1 cup vegetable oil
- 1 cup onion white finely chopped ()

Equipment

- bowl
- frying pan

- baking sheet
- paper towels
- oven
- spatula

Directions

- Heat the oven to 350°F and arrange a rack in the middle. Evenly coat the bottom of two 13-by-9-inch baking dishes with 1 cup of the gravy each.
- Mix the cheeses together in a large bowl until evenly combined, and line a baking sheet with paper towels; set aside.
- Heat the oil in a large frying pan over medium-high heat until hot but not smoking, about 5 minutes. Test the oil temperature by carefully dipping the edge of a tortilla in the oil—it should bubble vigorously. Once the oil is hot, use a metal spatula to carefully submerge the tortillas one at a time until bubbles form around each, about 5 to 10 seconds. Flip and fry an additional 5 seconds or until the edges of each tortilla are slightly crisp but not browned.
- Transfer to the prepared baking sheet and arrange in a single layer. Repeat with the remaining tortillas, separating the layers with paper towels. Blot the tortillas with paper towels to soak up any excess oil, then fill each with 2 heaping tablespoons of the cheese mixture and 2 teaspoons onion.
- Roll to enclose the filling and set the tortillas in the baking dishes, seam side down, placing 12 enchiladas in each dish. Evenly distribute the remaining 1 cup gravy over both baking dishes and top with the remaining 2 1/2 cups cheese.
- Bake until the enchiladas are hot and bubbly, about 25 to 30 minutes.
- Let cool about 10 minutes before serving. Beverage pairing: Pyramid Hefeweizen, Washington state. A light, bright wheat beer such as this will help heavy Tex-Mex like these enchiladas go down more easily and sit more comfortably once you've eaten. The beer isn't going to be a major force, taste-wise, but its buoyancy and texture are perfect.

Nutrition Facts

  
PROTEIN 16.89% **FAT 53.6%** **CARBS 29.51%**

Properties

Glycemic Index:5.48, Glycemic Load:5.27, Inflammation Score:-3, Nutrition Score:4.9817391348922%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 167.66kcal (8.38%), Fat: 10.16g (15.63%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 10.84g (3.94%), Sugar: 0.61g (0.68%), Cholesterol: 22.33mg (7.44%), Sodium: 160.09mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Calcium: 194.23mg (19.42%), Phosphorus: 190.12mg (19.01%), Selenium: 6.68µg (9.54%), Zinc: 1.14mg (7.6%), Fiber: 1.75g (7.01%), Vitamin B2: 0.12mg (6.87%), Magnesium: 25.77mg (6.44%), Manganese: 0.1mg (4.79%), Vitamin A: 209.85IU (4.2%), Vitamin B6: 0.08mg (4.12%), Vitamin K: 3.95µg (3.76%), Vitamin B12: 0.22µg (3.72%), Copper: 0.05mg (2.52%), Iron: 0.44mg (2.43%), Vitamin E: 0.34mg (2.28%), Potassium: 76.76mg (2.19%), Vitamin B1: 0.03mg (2.18%), Vitamin B3: 0.41mg (2.07%), Folate: 7.17µg (1.79%), Vitamin B5: 0.11mg (1.1%)