



Cheesy Meat-Free Enchiladas

READY IN



40 min.

SERVINGS



40

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup knudsen cream sour
- 20 oz enchilada sauce canned
- 10 8-inch flour tortillas ()
- 28 oz ore-ida potatoes oâ€™brien
- 8 oz queso quesadilla cheese shredded with a touch of philadelphia kraft

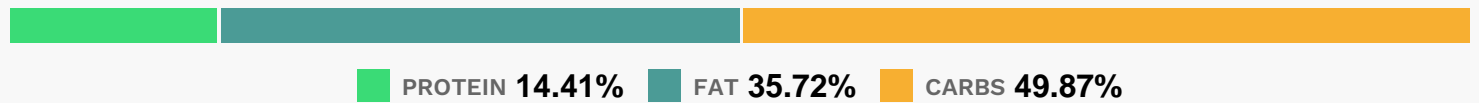
Equipment

- oven
- baking pan

Directions

- Cook potatoes as directed on package. Meanwhile, mix enchilada sauce and sour cream until blended.
- Heat oven to 350F.
- Combine potatoes and 1 cup enchilada sauce mixture.
- Spread 1 cup of the remaining enchilada sauce mixture onto bottom of 13x9-inch baking dish sprayed with cooking spray.
- Spoon about 1/2 cup potato mixture down center of each tortilla; roll up.
- Place, seam-sides down, over sauce in baking dish; top with remaining enchilada sauce mixture.
- Sprinkle with cheese.
- Bake 10 min. or until enchiladas are heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:2.94, Glycemic Load:4.53, Inflammation Score:-2, Nutrition Score:2.8865217300861%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 89.55kcal (4.48%), Fat: 3.57g (5.49%), Saturated Fat: 1.87g (11.69%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 10.09g (3.67%), Sugar: 1.77g (1.97%), Cholesterol: 9.46mg (3.15%), Sodium: 248.06mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Calcium: 67.3mg (6.73%), Vitamin B1: 0.08mg (5.41%), Vitamin C: 4.24mg (5.15%), Manganese: 0.09mg (4.7%), Fiber: 1.12g (4.5%), Selenium: 3.12µg (4.45%), Phosphorus: 41.95mg (4.19%), Iron: 0.71mg (3.93%), Vitamin B3: 0.78mg (3.89%), Folate: 15.51µg (3.88%), Vitamin B6: 0.07mg (3.42%), Vitamin B2: 0.05mg (3.06%), Potassium: 106.67mg (3.05%), Vitamin A: 130.77IU (2.62%), Magnesium: 7.94mg (1.99%), Copper: 0.04mg (1.79%), Vitamin K: 1.38µg (1.32%)