



Cheesy Shrimp Enchilada Bake



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounces tomatoes diced canned
- ☐ 4 chipotle sauce diced finely
- ☐ 3 corn tortillas halved
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces cheddar cheese fat-free shredded 75%

Equipment

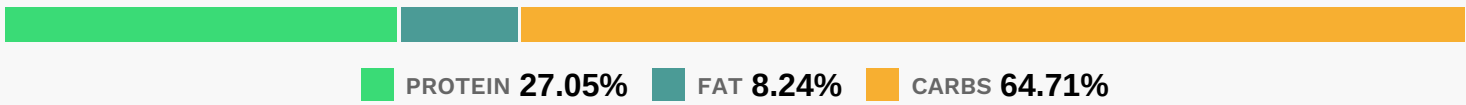
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375°F.
- ☐ Combine all sauce ingredients in a bowl.
- ☐ Pour 3/4 cup sauce into the bottom of a 10" baking dish. Press both sides of tortillas into sauce, then place 3 tortilla halves on top of sauce.
- ☐ Add half of Broccoli and Red Bell Pepper
- ☐ Mix, half of Lime Shrimp and half of cheese.
- ☐ Layer on remaining 3 tortilla halves, Broccoli and Red Bell Pepper
- ☐ Mix and Lime Shrimp.
- ☐ Pour remaining 1 1/4 cups sauce and cheese over shrimp. If not eating immediately, cover tightly and freeze. Otherwise, bake 20 minutes, covered with foil.
- ☐ Remove foil; bake until cheese bubbles, 10 minutes more.
- ☐ Bake, covered with foil, at 400°F for 25 minutes.
- ☐ Remove foil; bake until cheese bubbles, 5 minutes more.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:7.54, Inflammation Score:-8, Nutrition Score:18.020000063855%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 249.94kcal (12.5%), Fat: 2.43g (3.74%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 43.01g (14.34%), Net Carbohydrates: 34.5g (12.55%), Sugar: 16.68g (18.53%), Cholesterol: 6.24mg (2.08%), Sodium: 1480.55mg (64.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.97%), Phosphorus: 692.21mg (69.22%), Calcium: 486.14mg (48.61%), Fiber: 8.51g (34.05%), Vitamin B2: 0.41mg (24.15%), Vitamin C: 19.11mg (23.17%), Vitamin A: 1073.03IU (21.46%), Selenium: 14.27µg (20.38%), Zinc: 2.74mg (18.26%), Vitamin B6: 0.36mg (18.23%), Magnesium: 71.11mg (17.78%), Potassium: 622.3mg (17.78%), Iron: 2.63mg (14.64%), Manganese: 0.29mg (14.31%), Vitamin E: 1.66mg (11.07%), Vitamin B1: 0.16mg (10.88%), Vitamin B3: 2.17mg (10.84%), Copper: 0.21mg (10.64%), Vitamin B12: 0.63µg (10.58%), Folate: 33.7µg (8.43%), Vitamin K: 7.49µg (7.13%), Vitamin B5: 0.28mg (2.85%)