



WHATSheATE



Cheesy Shrimp Enchilada Bake



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 ounces tomatoes diced canned
- ☐ 4 chipotle sauce diced finely
- ☐ 3 corn tortillas halved
- ☐ 0.3 teaspoon salt

Equipment

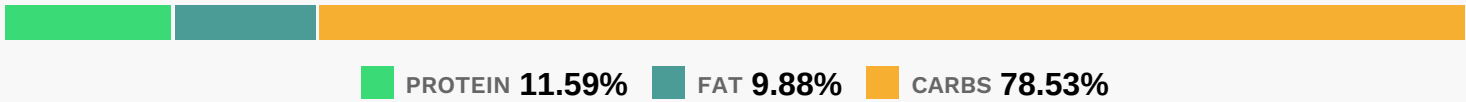
- ☐ bowl
- ☐ oven
- ☐ baking pan

☐ 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:-5, Nutrition Score:9.8508695104848%

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: 166.02kcal (8.3%), Fat: 1.98g (3.05%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 35.42g (11.81%), Net Carbohydrates: 26.9g (9.78%), Sugar: 11.04g (12.26%), Cholesterol: 0mg (0%), Sodium: 614.19mg (26.7%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.45%), Fiber: 8.51g (34.05%), Vitamin C: 19.11mg (23.17%), Phosphorus: 161.51mg (16.15%), Vitamin B6: 0.31mg (15.68%), Manganese: 0.29mg (14.31%), Iron: 2.48mg (13.75%), Potassium: 459mg (13.11%), Magnesium: 50.7mg (12.67%), Vitamin B3: 2.05mg (10.24%), Copper: 0.2mg (10.11%), Vitamin E: 1.51mg (10.05%), Calcium: 95.49mg (9.55%), Vitamin B1: 0.13mg (8.61%), Vitamin B2: 0.14mg (8.14%), Vitamin K: 5.96µg (5.68%), Zinc: 0.8mg (5.33%), Vitamin A: 241.25IU (4.83%), Folate: 18.39µg (4.6%), Selenium: 2.59µg (3.69%), Vitamin B5: 0.28mg (2.85%)