



HEALTH SCORE

79%

Christmas-Style Stacked Enchiladas



Very Healthy

READY IN



105 min.

SERVINGS



4

CALORIES



870 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces beef top sirloin diced
- ☐ 1 cup tomatoes diced canned
- ☐ 1 cup new mexico chili powder red
- ☐ 4 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup flour all-purpose
- ☐ 12 lightly fried toasted
- ☐ 2 cloves garlic

- ☐ 2 cloves garlic minced
- ☐ 4 servings garlic salt
- ☐ 12 ounce chile peppers diced green drained canned
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 servings lettuce and tomatoes diced shredded for garnish
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings pepper freshly ground
- ☐ 1.5 teaspoons pepper flakes red
- ☐ 1 cup cheddar cheese shredded
- ☐ 8 ounces pork blade steak diced

Equipment

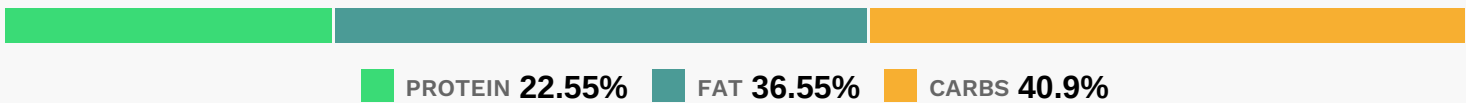
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ broiler

Directions

- ☐ Heat the olive oil in a large saucepan over medium-high heat. Season the pork with garlic salt and pepper, add to the pan and brown on all sides.
- ☐ Add the minced garlic and cook 30 seconds, then add the chiles, tomatoes, red pepper flakes and 3 cups water. Simmer until the pork is tender, about 1 hour.
- ☐ Combine the flour and 1 cup water in a blender until smooth, then whisk into the sauce and simmer until the sauce thickens, about 5 more minutes.
- ☐ Meanwhile, make the red sauce: Process the chili powder, garlic and 5 cups water in a blender until smooth. Season the flour with garlic salt and pepper in a shallow dish.
- ☐ Heat the olive oil in a large skillet over medium-high heat. Toss the beef in the flour, then add to the skillet to brown on all sides.

- ☐
- Pour in the chili powder mixture and simmer until the beef is tender, about 15 minutes.
- ☐
- Make the enchiladas: Preheat the broiler.
- ☐
- Place 4 tortillas on a baking sheet.
- ☐
- Sprinkle each with cheese, then top with green sauce on one side and red on the other.
Repeat to make two more layers. Top the stacks with more cheese and broil until melted, 3 to 5 minutes. Meanwhile, mist a nonstick skillet with cooking spray and fry the eggs as desired, then season with salt and pepper. Top each enchilada stack with lettuce, tomatoes and a fried egg.
- ☐
- Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:87.88, Glycemic Load:29.01, Inflammation Score:-10, Nutrition Score:64.580869467362%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 870.1kcal (43.5%), Fat: 37.83g (58.2%), Saturated Fat: 11.72g (73.28%), Carbohydrates: 95.26g (31.75%), Net Carbohydrates: 64.31g (23.39%), Sugar: 11.38g (12.64%), Cholesterol: 281.72mg (93.91%), Sodium: 2108.4mg (91.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.53g (105.06%), Vitamin A: 18831.88IU (376.64%), Vitamin E: 25.69mg (171.26%), Fiber: 30.95g (123.82%), Selenium: 82.3µg (117.57%), Vitamin B6: 2.33mg (116.64%), Phosphorus: 946.42mg (94.64%), Iron: 15.97mg (88.74%), Vitamin K: 92.45µg (88.05%), Manganese: 1.68mg (84.21%), Vitamin B2: 1.43mg (83.95%), Vitamin B3: 16.27mg (81.34%), Zinc: 9.87mg (65.8%), Potassium: 2075.33mg (59.3%), Vitamin B1: 0.86mg (57.58%), Calcium: 553.3mg (55.33%), Magnesium: 203.47mg (50.87%), Copper: 0.97mg (48.7%), Folate: 131.08µg (32.77%), Vitamin B5: 3.03mg (30.33%), Vitamin B12: 1.79µg (29.89%), Vitamin C: 19.63mg (23.8%), Vitamin D: 1.51µg (10.06%)