



Corn and Cheese Enchiladas

 Vegetarian

READY IN



41 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 6-inch corn tortillas
- ☐ 10 oz enchilada sauce canned
- ☐ 1.5 cups corn kernels fresh from 2 medium ears
- ☐ 2 garlic cloves finely chopped
- ☐ 2 cups pepper jack grated
- ☐ 4 servings salt
- ☐ 5 scallions light white green chopped
- ☐ 1 tablespoon vegetable oil

☐ 0.5 cup milk whole

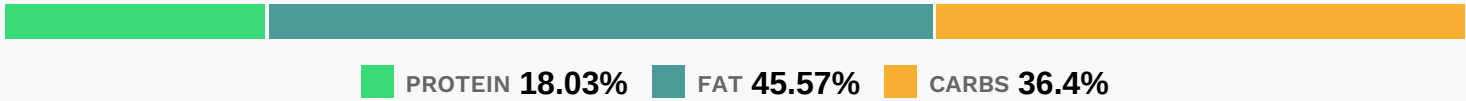
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350F. Stack tortillas, wrap in foil and bake until softened, 8 to 10 minutes.
- ☐ While tortillas are baking, oil a 7-by-11-inch glass baking dish. Warm 1 Tbsp. oil in large skillet over medium-high heat.
- ☐ Add scallions and garlic, and cook until fragrant, about 1 minute. Stir in corn and milk and cook, stirring occasionally, until thickened, 7 to 10 minutes. Season with salt.
- ☐ Remove tortillas from foil. Set aside 1/2 cup cheese. Spoon a heaping tablespoon of corn mixture in center of a tortilla.
- ☐ Sprinkle with a heaping tablespoon of cheese.
- ☐ Roll up tortilla and set in dish, seam side down. Repeat with remaining tortillas, overlapping them slightly.
- ☐ Pour enchilada sauce over tortillas and sprinkle with reserved 1/2 cup cheese.
- ☐ Bake until bubbling, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:11.07, Inflammation Score:-8, Nutrition Score:16.989565165147%

Flavonoids

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 454.61kcal (22.73%), Fat: 23.75g (36.53%), Saturated Fat: 12.3g (76.85%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 36.68g (13.34%), Sugar: 10.7g (11.89%), Cholesterol: 53.94mg (17.98%), Sodium: 1193.07mg (51.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.28%), Calcium: 515.85mg (51.58%), Phosphorus: 501.18mg (50.12%), Vitamin K: 39µg (37.14%), Vitamin A: 1209.03IU (24.18%), Fiber: 5.99g (23.96%), Vitamin B2: 0.34mg (19.99%), Magnesium: 79.85mg (19.96%), Zinc: 2.83mg (18.85%), Selenium: 12.57µg (17.96%), Manganese: 0.32mg (15.76%), Vitamin B6: 0.26mg (12.77%), Vitamin B1: 0.17mg (11.33%), Folate: 45.25µg (11.31%), Iron: 2mg (11.13%), Potassium: 382.5mg (10.93%), Vitamin B12: 0.63µg (10.56%), Vitamin C: 8.4mg (10.19%), Vitamin B3: 1.92mg (9.58%), Copper: 0.14mg (7.25%), Vitamin B5: 0.7mg (6.99%), Vitamin E: 0.71mg (4.72%), Vitamin D: 0.67µg (4.5%)