Creamy Ham & Egg Enchiladas

Gluten Free

READY IN	SERVINGS	CALORIES
765 min.	12	239 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 cup four cheese shredded with a touch of philadelphia mexican style kraft
- [ ] 12 6-inch corn tortillas ()
- [ ] 0.5 cup philadelphia original cooking creme
- [ ] 12 slices oscar mayer deli ham smoked fresh
- [ ] 8 hard-cooked eggs chopped
- [ ] 0.3 cup pepitas divided toasted
- [ ] 16.7 oz salsa red
- [ ] 0.3 cup water

Equipment

- [ ] oven
- [ ] blender
- [ ] baking pan
- [ ] aluminum foil
- [ ] microwave

Directions

- [ ] Top tortillas evenly with ham and eggs, using 1 ham slice and about 1/4 cup eggs for each; roll up.
- [ ] Place, seam-sides down, in 13x9-inch baking dish sprayed with cooking spray. Cover tightly with foil; refrigerate overnight.
- [ ] Reserve 1 Tbsp. pepitas; blend remaining with cooking creme and water in blender 2 min. or until smooth. Cover; refrigerate overnight.
- [ ] Heat oven to 350F.
- [ ] Pour salsa over enchiladas; cover with foil.
- [ ] Bake 25 min; top with cheese.
- [ ] Bake, uncovered, 5 min. or until cheese is melted. Meanwhile, microwave cooking creme mixture on HIGH 30 sec. or until heated through.
- [ ] Pour over baked enchiladas; sprinkle with reserved pepitas.

Nutrition Facts

PROTEIN **24.71%** FAT **48.21%** CARBS **27.08%**

Properties

Glycemic Index:7.29, Glycemic Load:5.1, Inflammation Score:-4, Nutrition Score:10.530869605749%

Nutrients (% of daily need)

Calories: 238.73kcal (11.94%), Fat: 12.9g (19.85%), Saturated Fat: 4.81g (30.08%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 13.88g (5.05%), Sugar: 3.47g (3.85%), Cholesterol: 151.11mg (50.37%), Sodium: 707.31mg (30.75%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Selenium: 21.35µg (30.51%), Phosphorus: 271.09mg (27.11%), Vitamin B2: 0.31mg (18%), Vitamin B1: 0.23mg (15.66%), Vitamin B6: 0.28mg (14.08%), Zinc: 1.88mg (12.51%), Calcium: 118.56mg (11.86%), Magnesium: 43.88mg (10.97%), Vitamin B3: 2.17mg (10.87%), Vitamin B12: 0.65µg (10.82%), Manganese: 0.2mg (10.24%), Fiber: 2.43g (9.71%), Vitamin A: 457.8IU (9.16%), Potassium: 290.37mg (8.3%), Vitamin B5: 0.75mg (7.51%), Vitamin E: 1.1mg (7.32%), Iron: 1.26mg (7.02%), Vitamin D: 0.99µg (6.57%), Copper: 0.12mg (5.79%), Folate: 21.14µg (5.28%), Vitamin K: 2.08µg (1.98%)