



WHATSheATE



HEALTH SCORE

73%

Creamy Spinach and Mushroom Enchiladas



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chiles green undrained chopped canned
- ☐ 10 ounce cream of chicken soup undiluted reduced-fat canned
- ☐ 10 6-inch corn tortillas ()
- ☐ 20 ounce pkt spinach frozen thawed drained chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup green onion tops chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 jalapeno seeded chopped

- ☐ 4 ounces monterrey jack cheese shredded divided
- ☐ 2 cups mushrooms sliced
- ☐ 1 cup onion chopped
- ☐ 0.5 cup plum tomatoes seeded chopped
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce cup heavy whipping cream fat-free sour

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ To prepare sauce, combine first 4 ingredients; stir well.
- ☐ To prepare enchiladas, heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add onion and jalapeo; saut 5 minutes or until tender, stirring frequently.
- ☐ Add mushrooms; saut 3 minutes or until tender. Stir in garlic powder, cumin, salt, and spinach; cook 5 minutes or until heated.
- ☐ Combine spinach mixture and 1/4 cup cheese in a large bowl; stir to combine.
- ☐ Spoon 1/2 cup sauce into a 13 x 9-inch baking dish coated with cooking spray. Warm tortillas according to package directions. Spoon about 1/3 cup spinach mixture down center of each tortilla; roll up.
- ☐ Place filled tortillas seam sides down in the baking dish.
- ☐ Spread remaining sauce evenly over tortillas; top with 3/4 cup cheese.
- ☐ Bake at 350 for 20 minutes. Top with tomato and green onion.

Nutrition Facts



Properties

Glycemic Index:58.3, Glycemic Load:13.16, Inflammation Score:-10, Nutrition Score:33.261304601379%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg, Quercetin: 7.31mg

Nutrients (% of daily need)

Calories: 352.2kcal (17.61%), Fat: 12.66g (19.48%), Saturated Fat: 5.63g (35.21%), Carbohydrates: 46.75g (15.58%), Net Carbohydrates: 38.24g (13.9%), Sugar: 4.79g (5.32%), Cholesterol: 28.8mg (9.6%), Sodium: 1045.52mg (45.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.61g (35.22%), Vitamin K: 437.62µg (416.78%), Vitamin A: 14006.34IU (280.13%), Manganese: 1.13mg (56.29%), Folate: 211.45µg (52.86%), Calcium: 450.57mg (45.06%), Phosphorus: 438.06mg (43.81%), Vitamin B2: 0.65mg (38.45%), Magnesium: 149.05mg (37.26%), Fiber: 8.51g (34.06%), Vitamin C: 25.73mg (31.19%), Selenium: 20.76µg (29.66%), Vitamin E: 4.08mg (27.22%), Iron: 4.59mg (25.51%), Potassium: 882.58mg (25.22%), Copper: 0.49mg (24.56%), Vitamin B6: 0.49mg (24.51%), Zinc: 2.77mg (18.44%), Vitamin B3: 3.44mg (17.2%), Vitamin B1: 0.25mg (16.7%), Vitamin B5: 0.99mg (9.93%), Vitamin B12: 0.34µg (5.66%), Vitamin D: 0.21µg (1.42%)