



## Creamy Spinach Enchiladas

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 6-inch corn tortillas ()
- 10 oz enchilada sauce canned
- 9 oz spinach frozen thawed drained well
- 0.5 cup spring onion sliced
- 6 servings spring onion sliced
- 1 tablespoon butter
- 1.5 cups monterrey jack cheese shredded
- 1 cup ricotta cheese

0.5 cup cream sour

## Equipment

frying pan

oven

glass baking pan

## Directions

Heat oven to 375F. Melt margarine in large skillet over medium-high heat.

Add 1/2 cup onions; cook and stir 2 minutes or until crisp-tender.

Add spinach; cook 1 minute or until spinach is thoroughly heated, stirring occasionally.

Remove from heat. Stir in cottage cheese, sour cream and 1 cup of the cheese.

Spoon 1/4 cup filling down center of each tortilla; roll up.

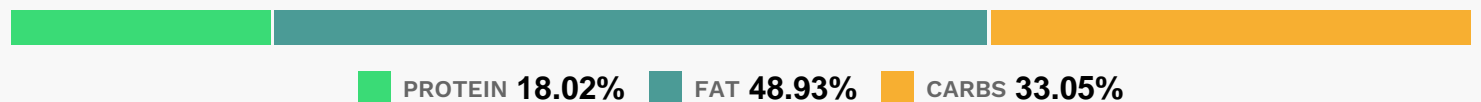
Place, seam side down, in ungreased 13x9-inch (3-quart) glass baking dish.

Pour enchilada sauce evenly over tortillas; sprinkle with remaining cheese.

Bake at 375F. for 15 to 20 minutes or until bubbly and thoroughly heated.

Sprinkle with sliced green onions.

## Nutrition Facts



## Properties

Glycemic Index:28.08, Glycemic Load:10.67, Inflammation Score:-10, Nutrition Score:22.68304336071%

## Flavonoids

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

## Nutrients (% of daily need)

Calories: 381.2kcal (19.06%), Fat: 21.27g (32.73%), Saturated Fat: 11.41g (71.3%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 26.64g (9.69%), Sugar: 5.13g (5.7%), Cholesterol: 57.53mg (19.18%), Sodium: 698.98mg (30.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.62g (35.25%), Vitamin K: 189.31µg (180.29%), Vitamin A:

6049.54IU (120.99%), Calcium: 423.66mg (42.37%), Phosphorus: 395.26mg (39.53%), Manganese: 0.5mg (24.98%), Selenium: 16.61µg (23.73%), Fiber: 5.69g (22.74%), Magnesium: 86.36mg (21.59%), Vitamin B2: 0.36mg (21.43%), Folate: 84.65µg (21.16%), Zinc: 2.37mg (15.77%), Iron: 2.31mg (12.85%), Vitamin B6: 0.24mg (12.2%), Vitamin E: 1.72mg (11.48%), Potassium: 374.63mg (10.7%), Copper: 0.17mg (8.72%), Vitamin C: 6.16mg (7.46%), Vitamin B1: 0.11mg (7.36%), Vitamin B12: 0.42µg (6.96%), Vitamin B3: 1.16mg (5.79%), Vitamin B5: 0.32mg (3.21%), Vitamin D: 0.25µg (1.68%)