



Creamy Spinach Enchiladas

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

☐ 1 serving spring onion sliced

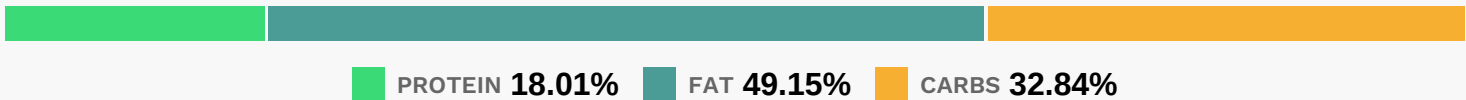
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. 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 375°F. 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:10.59, Inflammation Score:-10, Nutrition Score:22.431739128154%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 379.6kcal (18.98%), Fat: 21.26g (32.71%), Saturated Fat: 11.41g (71.29%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 26.41g (9.6%), Sugar: 5.01g (5.57%), Cholesterol: 57.53mg (19.18%), Sodium: 698.18mg (30.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.06%), Vitamin K: 178.96µg (170.44%),

Vitamin A: 5999.69IU (119.99%), Calcium: 420.06mg (42.01%), Phosphorus: 393.41mg (39.34%), Manganese: 0.49mg (24.58%), Selenium: 16.58µg (23.68%), Fiber: 5.56g (22.22%), Magnesium: 85.36mg (21.34%), Vitamin B2: 0.36mg (21.2%), Folate: 81.45µg (20.36%), Zinc: 2.35mg (15.64%), Iron: 2.24mg (12.44%), Vitamin B6: 0.24mg (12.04%), Vitamin E: 1.69mg (11.29%), Potassium: 360.83mg (10.31%), Copper: 0.17mg (8.51%), Vitamin B1: 0.11mg (7.18%), Vitamin B12: 0.42µg (6.96%), Vitamin C: 5.22mg (6.32%), Vitamin B3: 1.13mg (5.66%), Vitamin B5: 0.32mg (3.17%), Vitamin D: 0.25µg (1.68%)