



Creamy Spinach-Mushroom Skillet Enchiladas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

SIDE DISH

Ingredients

- ☐ 6 ounce baby spinach fresh (6 cups)
- ☐ 1 teaspoon bottled garlic minced
- ☐ 0.5 teaspoon chili powder
- ☐ 8 6-inch corn tortillas ()
- ☐ 16 ounce green salsa green divided
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons light cream cheese light with onions and chives
- ☐ 1.5 ounces monterrey jack cheese shredded

- ☐ 8 ounce mushrooms
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cream fat-free sour

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ tongs

Directions

- ☐ Preheat broiler.
- ☐ Heat olive oil in a large skillet over medium-high heat.
- ☐ Add the garlic, chili powder, cumin, and mushrooms; saut 5 minutes.
- ☐ Add spinach and salt; cook for 1 minute or until spinach wilts, stirring frequently.
- ☐ Drain; return mushroom mixture to pan.
- ☐ Add cream cheese; cook 2 minutes or until cream cheese melts, stirring frequently.
- ☐ Place the mushroom mixture in a bowl; set aside.
- ☐ Heat 1 cup salsa in a saucepan over low heat. Dredge both sides of each tortilla in warm salsa using tongs, and stack the tortillas on a plate. Spoon 1 heaping tablespoon mushroom mixture into center of each tortilla; fold in half, and arrange in skillet, overlapping slightly. Top with remaining salsa, and sprinkle with cheese. Wrap handle of skillet with foil, and broil enchiladas for 4 minutes or until the cheese melts. Top with sour cream, and garnish with cilantro sprigs, if desired.

Nutrition Facts



 **PROTEIN 12.98%**  **FAT 38.99%**  **CARBS 48.03%**

Properties

Glycemic Index:44.13, Glycemic Load:10.8, Inflammation Score:0, Nutrition Score:23.435652074607%

Flavonoids

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 293.29kcal (14.66%), Fat: 12.86g (19.79%), Saturated Fat: 4.74g (29.64%), Carbohydrates: 35.67g (11.89%), Net Carbohydrates: 30.75g (11.18%), Sugar: 9.86g (10.96%), Cholesterol: 21.99mg (7.33%), Sodium: 1120.44mg (48.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.27%), Vitamin K: 207.46µg (197.58%), Vitamin A: 4987.4IU (99.75%), Manganese: 0.62mg (30.75%), Phosphorus: 306.32mg (30.63%), Vitamin B2: 0.43mg (25.07%), Folate: 99.07µg (24.77%), Potassium: 804.02mg (22.97%), Vitamin C: 17.99mg (21.81%), Magnesium: 82.65mg (20.66%), Fiber: 4.92g (19.67%), Calcium: 196.37mg (19.64%), Copper: 0.33mg (16.63%), Selenium: 11.49µg (16.41%), Vitamin B3: 3.22mg (16.08%), Vitamin B6: 0.3mg (14.76%), Iron: 2.42mg (13.43%), Zinc: 1.65mg (10.99%), Vitamin B5: 1.08mg (10.77%), Vitamin E: 1.51mg (10.06%), Vitamin B1: 0.14mg (9.34%), Vitamin B12: 0.21µg (3.5%), Vitamin D: 0.2µg (1.33%)