



## Creamy Spinach-Mushroom Skillet Enchiladas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### 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 salsa green divided
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons cream cheese light with onions and chives
- ☐ 1.5 ounces monterrey jack cheese shredded

- ☐ 8 ounce pre mushrooms
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup cup heavy whipping 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 **13.97%**  FAT **32.55%**  CARBS **53.48%**

Properties

Glycemic Index:44.13, Glycemic Load:10.8, Inflammation Score:-10, Nutrition Score:23.399565235428%

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: 275.46kcal (13.77%), Fat: 10.08g (15.5%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 32.33g (11.76%), Sugar: 9.43g (10.48%), Cholesterol: 14.81mg (4.94%), Sodium: 1136.26mg (49.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.46%), Vitamin K: 207.24µg (197.37%), Vitamin A: 4934.5IU (98.69%), Phosphorus: 309.05mg (30.9%), Manganese: 0.61mg (30.67%), Folate: 99.79µg (24.95%), Vitamin B2: 0.42mg (24.91%), Potassium: 804.59mg (22.99%), Vitamin C: 17.86mg (21.65%), Magnesium: 82.65mg (20.66%), Calcium: 199.82mg (19.98%), Fiber: 4.92g (19.67%), Selenium: 11.72µg (16.74%), Copper: 0.33mg (16.61%), Vitamin B3: 3.21mg (16.07%), Vitamin B6: 0.29mg (14.61%), Iron: 2.41mg (13.38%), Zinc: 1.67mg (11.15%), Vitamin B5: 1.03mg (10.28%), Vitamin E: 1.46mg (9.7%), Vitamin B1: 0.14mg (9.53%), Vitamin B12: 0.22µg (3.72%), Vitamin D: 0.2µg (1.33%)