

Easy Enchiladas



Vegetarian



Gluten Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



859 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 12 corn tortillas
- ☐ 1 teaspoon garlic minced
- ☐ 14 ounce canned tomatoes fire roasted crushed
- ☐ 0.8 cup chiles green cooked chopped to taste (a 4-ounce can)
- ☐ 0.5 cup water
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 head half a of iceberg lettuce

- ☐ 2 teaspoons apple cider vinegar
- ☐ 4 servings sprinkle of salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 handful cilantro leaves
- ☐ 4 cups a mix grated

Equipment

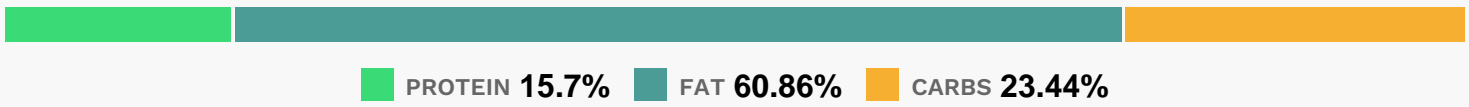
- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ spatula

Directions

- ☐ Preheat oven to 350° F.
- ☐ Lightly fry the tortillas to soften: In a large frying pan at medium-high heat add a tablespoon of oil. When the oil is shimmering and hot, add a corn tortilla to the pan. Cook it for several seconds, use a metal spatula to turn it over, and cook it for few seconds more.
- ☐ You can soften all of the tortillas this way, one at a time, or you can use my mom's trick of doubling and tripling up the tortillas to absorb excess fat.
- ☐ My mother places another tortilla either on top of the tortilla in the pan (and then flips both tortillas), or beneath it. In either case, the tortilla picks up some of the excess fat from the first tortilla.
- ☐ You can continue "stacking" tortillas, removing the ones that have bubbled, softened and lightly browned, while adding more oil as needed to the pan.
- ☐ This way you can brown and soften the tortillas without using a lot of fat.
- ☐ It's important to pre-cook the tortillas because not only does cooking them help soften them for rolling, cooking them in a little fat helps develop the flavor of the tortillas.
- ☐ As the tortillas brown a little, remove them to a plate.
- ☐ Make the enchilada sauce:
- ☐ Heat 2 teaspoons olive oil in a large sauté pan on medium heat.

- ☐ Add the chopped onion and cook for 5 to 6 minutes, until translucent.
- ☐ Add the garlic and cook for a minute more.
- ☐ Add the crushed tomatoes.
- ☐ Add the green chiles.
- ☐ Add 1/2 cup of water.
- ☐ Add the oregano. Bring to a simmer and taste. If the sauce tastes too vinegary, add half a teaspoon of sugar to the sauce.
- ☐ Remove from heat.
- ☐ Roll up the tortillas with cheese: Put a little olive oil on the bottom of a 3-quart (9x1
- ☐ casserole pan. Cover 2/3 of a tortilla lightly with the shredded cheese, then roll it up and place it in the casserole pan. Continue until all tortillas are filled and rolled.
- ☐ Add sauce to the top of the tortillas in the casserole pan. Make sure the rolled up tortillas are covered with the sauce. If not, add a little water to thin the sauce to spread it more evenly over the tortillas. Cover the whole thing with the rest of the grated cheese.
- ☐ Put the casserole in the 350°F oven for 10 to 15 minutes or until the cheese melts.
- ☐ Serve with sliced (1/3-inch to 1/2-inch) iceberg lettuce that has been sprinkled with apple cider vinegar and salt.
- ☐ Garnish enchiladas with cilantro and sour cream.
- ☐ See Perfect Guacamole for a great guacamole avocado side dish.

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:16.68, Inflammation Score:-9, Nutrition Score:28.310435191445%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 858.63kcal (42.93%), Fat: 59.01g (90.78%), Saturated Fat: 28.85g (180.32%), Carbohydrates: 51.14g (17.05%), Net Carbohydrates: 42.77g (15.55%), Sugar: 8.94g (9.93%), Cholesterol: 146.93mg (48.97%), Sodium: 1248.06mg (54.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.49%), Calcium: 981.46mg (98.15%), Phosphorus: 835.31mg (83.53%), Selenium: 39.13µg (55.9%), Vitamin A: 2637.18IU (52.74%), Vitamin K: 44.93µg (42.79%), Vitamin B2: 0.68mg (40.18%), Zinc: 5.59mg (37.24%), Fiber: 8.37g (33.49%), Magnesium: 103.4mg (25.85%), Manganese: 0.48mg (23.82%), Vitamin B12: 1.32µg (21.98%), Folate: 71.39µg (17.85%), Vitamin E: 2.61mg (17.37%), Vitamin B6: 0.34mg (17.12%), Potassium: 507.27mg (14.49%), Iron: 2.44mg (13.54%), Vitamin C: 9.96mg (12.07%), Vitamin B1: 0.18mg (11.7%), Copper: 0.21mg (10.63%), Vitamin B5: 0.88mg (8.8%), Vitamin B3: 1.48mg (7.38%), Vitamin D: 0.68µg (4.52%)