



Enchilada Egg Bake with Fresh Salsa Verde

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 lb mexican chorizo
- 12 6-inch corn tortillas warmed ()
- 0.5 cup knudsen cream sour
- 1 doz. eggs beaten
- 1 cup cilantro leaves fresh divided loosely packed
- 2 cloves garlic
- 0.7 cup onions divided finely chopped
- 1 jalapeño pepper seeded cut into quarters

- 0.8 lb tomatillos
- 1 cup water divided
- 6 oz velveeta divided cut into 1/2-inch cubes,
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Equipment

- frying pan
- oven
- blender
- baking pan

Directions

- Heat oven to 350F.
- Cook and stir tomatillos and garlic in large nonstick skillet on medium-high heat 4 min. or until tomatillos are evenly browned.
- Add 1/2 cup water; cover. Cook 5 min. or until tomatillos are softened and water is evaporated; transfer to blender.
- Add remaining water, peppers and half the cilantro; blend until smooth. Stir in 1/3 cup onions.
- Cook chorizo in same skillet on medium heat 4 to 5 min. or until done; drain. Stir in eggs; cook 2 min. or just until eggs begin to set, stirring occasionally. Stir in half the VELVEETA.
- Spread 3/4 cup tomatillo sauce onto bottom of 13x9-inch baking dish sprayed with cooking spray. Spoon about 1/3 cup egg mixture down center of each tortilla; roll up.
- Place, seam sides down, in dish. Top with remaining VELVEETA and tomatillo sauce.
- Bake 20 min. or until enchiladas are heated through and VELVEETA is melted. Finely chop remaining cilantro.
- Serve enchiladas topped with sour cream, remaining onions and cilantro.

Nutrition Facts



PROTEIN 13.24% FAT 39.29% CARBS 47.47%

Properties

Glycemic Index:3.99, Glycemic Load:1.27, Inflammation Score:-1, Nutrition Score:1.0695652174561%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 29.23kcal (1.46%), Fat: 1.31g (2.01%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.98g (1.08%), Sugar: 0.5g (0.55%), Cholesterol: 6.05mg (2.02%), Sodium: 5.35mg (0.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Phosphorus: 26.73mg (2.67%), Fiber: 0.58g (2.3%), Manganese: 0.04mg (2%), Vitamin K: 1.76µg (1.68%), Magnesium: 6.6mg (1.65%), Vitamin C: 1.1mg (1.33%), Vitamin B6: 0.02mg (1.22%), Vitamin B3: 0.23mg (1.15%), Selenium: 0.8µg (1.14%), Vitamin A: 56.82IU (1.14%), Potassium: 39.46mg (1.13%), Iron: 0.19mg (1.08%)