

Enchiladas

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of chicken soup canned
- 6 6-inch corn tortillas ()
- 1 bunch spring onion finely chopped
- 1 jalapeno fresh diced to taste
- 1.5 pounds ground beef lean
- 1 cup yogurt plain
- 2 cups mozzarella cheese shredded
- 1.3 ounce taco seasoning

0.3 cup water

Equipment

bowl

frying pan

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over medium heat, cook the ground beef, green onion, and jalapeno pepper until the beef is evenly brown. Stir in water and taco seasoning. Simmer until water has evaporated.

In a medium bowl, mix together yogurt, condensed soup, and cheese.

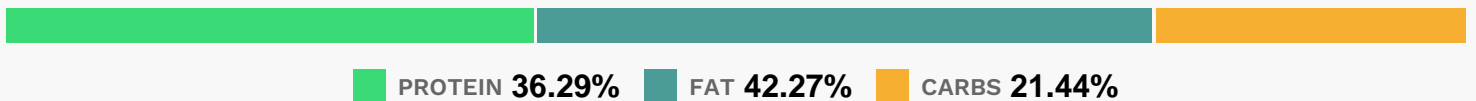
Divide the meat mixture evenly between tortillas.

Place a couple of tablespoons of cheese mixture over meat, and roll up.

Place in a 7x11 inch baking dish. Repeat for each tortilla. Spoon remaining cheese mixture over the top of the tortillas.

Bake in preheated oven for 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:7.26, Inflammation Score:-7, Nutrition Score:20.323478470678%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 407.72kcal (20.39%), Fat: 19.03g (29.28%), Saturated Fat: 9.3g (58.13%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 18.81g (6.84%), Sugar: 4.09g (4.54%), Cholesterol: 109.17mg (36.39%), Sodium: 1173.68mg (51.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.76g (73.52%), Vitamin B12: 3.54µg (59.04%), Zinc: 7.61mg (50.74%), Phosphorus: 494.95mg (49.5%), Selenium: 29.56µg (42.23%), Vitamin B3: 6.94mg (34.7%), Calcium: 279.77mg (27.98%), Vitamin B6: 0.54mg (27.03%), Iron: 4.21mg (23.36%), Vitamin B2: 0.39mg (23.02%), Vitamin A: 1004.85IU (20.1%), Potassium: 574.1mg (16.4%), Magnesium: 59.31mg (14.83%), Fiber: 2.92g (11.67%), Vitamin K: 12.07µg (11.5%), Vitamin B5: 1.08mg (10.76%), Copper: 0.21mg (10.31%), Vitamin C: 6.43mg (7.8%), Manganese: 0.15mg (7.61%), Vitamin B1: 0.1mg (6.91%), Vitamin E: 0.87mg (5.77%), Folate: 16.65µg (4.16%), Vitamin D: 0.3µg (2.02%)