



Enchiladas



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



1050 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup tomatoes fire roasted canned crushed (preferably)
- ☐ 1 handful cilantro leaves
- ☐ 12 corn tortillas
- ☐ 1 clove garlic minced
- ☐ 4 servings grapeseed oil (or another high smoke-point oil such as peanut or canola oil)
- ☐ 1 head half a of iceberg lettuce
- ☐ 1 lb jack cheese yellow or any mild cheese, grated
- ☐ 4 servings olive oil

- ☐ 1 medium onion chopped
- ☐ 1 cup heavy whipping cream sour
- ☐ 3 Tbsp tomato paste
- ☐ 1 cup water

Equipment

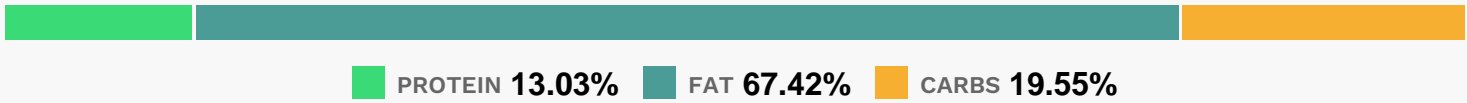
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ casserole dish
- ☐ spatula

Directions

- ☐ Preheat oven to 350 degrees F.² In a large fry pan at medium-high heat add 3 Tbsp of grapeseed oil.
- ☐ Add a tortilla to the pan. Cook for 2-3 seconds, lift up the tortilla with a spatula, add another tortilla underneath. Cook for 2-3 seconds, lift again, both tortillas, and add another tortilla underneath. Repeat the process with all the tortillas, adding a little more oil if needed. This way you can brown and soften the tortillas without using a lot of fat. You do this process to develop the flavor of the tortillas. As the tortillas brown a little, remove from the pan one by one to rest on a paper towel, which absorbs any excess fat.² Sauté up the chopped onion and garlic, then turn off the heat.
- ☐ Add 1 cup of salsa. Dissolve 3 Tbsp of tomato paste into 1 cup of water, add to pan.
- ☐ Add 1 cup of crushed fire roasted canned tomatoes. Taste. If the sauce tastes too vinegary, add a teaspoon of sugar.³ Put some olive oil on the bottom of a large casserole pan. Take a tortilla, cover 2/3 of it lightly with the shredded cheese, then roll up the tortilla 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 the casserole pan. Make sure all are covered with the sauce. If not, add a little water. Cover the whole thing with the rest of the grated cheese.
- ☐ Put the casserole in the oven for 10 minutes or until the cheese melts.⁴
- ☐ Garnish with cilantro and sour cream.

Serve with sliced iceberg lettuce that has been dressed only with vinegar and salt. SeePerfect Guacamole for a great guacamole avocado side dish.

Nutrition Facts



Properties

Glycemic Index:74.38, Glycemic Load:18.04, Inflammation Score:-9, Nutrition Score:31.253477884376%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 1050.08kcal (52.5%), Fat: 80.21g (123.41%), Saturated Fat: 31.26g (195.36%), Carbohydrates: 52.34g (17.45%), Net Carbohydrates: 44.3g (16.11%), Sugar: 9.82g (10.91%), Cholesterol: 147.32mg (49.11%), Sodium: 1007.85mg (43.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.87g (69.75%), Calcium: 981.32mg (98.13%), Phosphorus: 854.5mg (85.45%), Selenium: 40µg (57.14%), Vitamin E: 8.13mg (54.17%), Vitamin A: 2683.58IU (53.67%), Vitamin K: 49.08µg (46.74%), Vitamin B2: 0.71mg (41.72%), Zinc: 5.72mg (38.12%), Fiber: 8.03g (32.14%), Magnesium: 110.79mg (27.7%), Manganese: 0.53mg (26.44%), Vitamin B12: 1.32µg (22.05%), Vitamin B6: 0.4mg (19.95%), Folate: 77.55µg (19.39%), Potassium: 664.46mg (18.98%), Iron: 2.61mg (14.49%), Copper: 0.27mg (13.5%), Vitamin B1: 0.19mg (13%), Vitamin C: 10.63mg (12.88%), Vitamin B3: 1.87mg (9.33%), Vitamin B5: 0.93mg (9.3%), Vitamin D: 0.68µg (4.54%)