



## Enchiladas Suizas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4.3 oz olives black drained sliced canned
- 8 oz chiles green drained chopped canned
- 12 corn tortillas
- 8 oz philadelphia cream cheese divided softened
- 3 eggs
- 16 oz enchilada sauce
- 0.5 cup green onions sliced
- 0.5 tsp ground cumin

- 1 cup monterrey jack cheese shredded kraft
- 1 Tbsp oil
- 1 cup sharp cheddar cheese shredded kraft

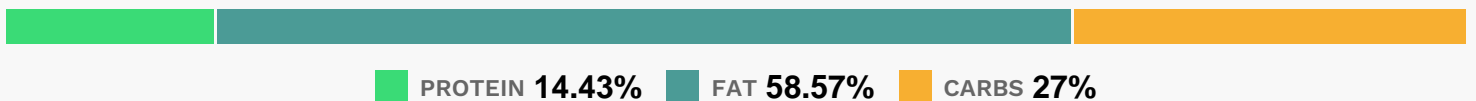
## Equipment

- bowl
- frying pan
- oven
- baking pan
- hand mixer

## Directions

- Preheat oven to 350F.
- Place half of the cream cheese and the onions in small bowl. Beat with electric mixer on medium speed until well blended; set aside for later use.
- Place remaining cream cheese, the cheddar cheese, Monterey Jack cheese, green chilies and cumin in large bowl. Beat with electric mixer on medium speed until well blended.
- Add eggs, one at a time, beating well after each addition; set aside.
- Heat oil in medium skillet.
- Add tortillas; cook just until warmed. Spoon 2 Tbsp. of the cheese mixture onto each tortilla; roll up.
- Place, seam-sides down, in 13x9-inch baking dish; top with the enchilada sauce.
- Bake 20 min. or until heated through. Top with the reserved cream cheese mixture and the olives.

## Nutrition Facts



## Properties

Glycemic Index:3.74, Glycemic Load:1.45, Inflammation Score:-2, Nutrition Score:2.1969565153122%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 68.72kcal (3.44%), Fat: 4.57g (7.03%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 3.92g (1.43%), Sugar: 1g (1.11%), Cholesterol: 20.75mg (6.92%), Sodium: 203.98mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Phosphorus: 56.81mg (5.68%), Calcium: 52.85mg (5.28%), Vitamin A: 223.6IU (4.47%), Selenium: 2.88µg (4.11%), Fiber: 0.81g (3.25%), Vitamin B2: 0.05mg (3.12%), Vitamin K: 2.8µg (2.66%), Vitamin C: 2.14mg (2.59%), Zinc: 0.33mg (2.22%), Magnesium: 7.95mg (1.99%), Vitamin E: 0.28mg (1.88%), Iron: 0.34mg (1.87%), Vitamin B6: 0.03mg (1.72%), Folate: 6.67µg (1.67%), Vitamin B12: 0.08µg (1.41%), Manganese: 0.03mg (1.35%), Potassium: 37.85mg (1.08%), Vitamin B5: 0.1mg (1.03%)