



Enticing Enchiladas

READY IN



45 min.

SERVINGS



6

CALORIES



545 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 10 ounce canned tomatoes diced green undrained canned
- ☐ 1 cup curd cottage cheese cream-style
- ☐ 10 6-inch flour tortillas ()
- ☐ 1 pound ground beef
- ☐ 1 small onion chopped
- ☐ 6 servings garnish: parsley fresh chopped
- ☐ 8 ounces mexican cheese blend shredded

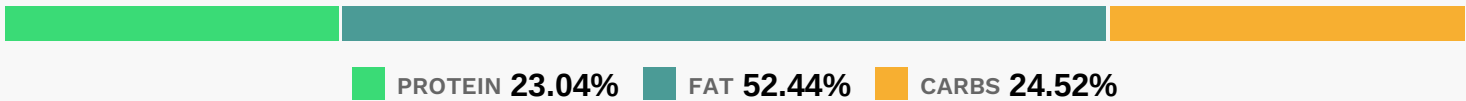
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook ground chuck and onion in a large skillet over high heat, stirring until beef crumbles and is no longer pink; drain. Return to skillet; stir in cottage cheese. Set aside.
- ☐ Process diced tomatoes and tomato sauce in a food processor until smooth, stopping to scrape down sides. Stir in chopped chiles, if desired.
- ☐ Spoon 2 to 3 tablespoons ground beef mixture down the center of each tortilla; top each with 2 tablespoons tomato mixture and 1 1/2 tablespoons cheese.
- ☐ Roll up tortillas, and place, seam side down, in a lightly greased 13- x 9-inch baking dish.
- ☐ Pour remaining tomato mixture over top; sprinkle with remaining cheese.
- ☐ Bake enchiladas at 350 for 20 minutes or until bubbly.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:10.02, Inflammation Score:-7, Nutrition Score:24.517826246179%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 544.94kcal (27.25%), Fat: 31.68g (48.74%), Saturated Fat: 14.33g (89.58%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 29.79g (10.83%), Sugar: 7.21g (8.01%), Cholesterol: 95.53mg (31.84%), Sodium: 1002.59mg (43.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.32g (62.65%), Vitamin K: 75.11µg (71.54%), Phosphorus: 474.69mg (47.47%), Selenium: 32.13µg (45.9%), Calcium: 394.32mg (39.43%), Vitamin B12: 2.23µg (37.22%), Zinc: 4.98mg (33.17%), Vitamin B3: 6.5mg (32.51%), Vitamin B2: 0.49mg (28.61%), Iron: 4.78mg (26.55%), Vitamin B1: 0.36mg (23.7%), Vitamin B6: 0.44mg (21.92%), Manganese: 0.41mg (20.6%), Folate: 79.25µg (19.81%), Vitamin A: 900.55IU (18.01%), Potassium: 625.04mg (17.86%), Vitamin C: 13.18mg (15.97%), Fiber: 3.55g (14.18%), Magnesium: 54.39mg (13.6%), Copper: 0.26mg (12.91%), Vitamin E: 1.6mg (10.66%), Vitamin B5: 1.03mg (10.29%), Vitamin D: 0.3µg (2%)