



Green Chile Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce chiles green chopped canned
- ☐ 8 ounce pasteurized cheese product cubed prepared
- ☐ 8 ounce block colby-jack cheese blend shredded
- ☐ 12 8-inch corn tortillas ()
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 5 ounce evaporated milk canned
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 pound ground beef lean

- ☐ 1 large onion chopped
- ☐ 2 ounce pimientos diced drained
- ☐ 0.4 ounce ranch dip mix
- ☐ 6 servings water

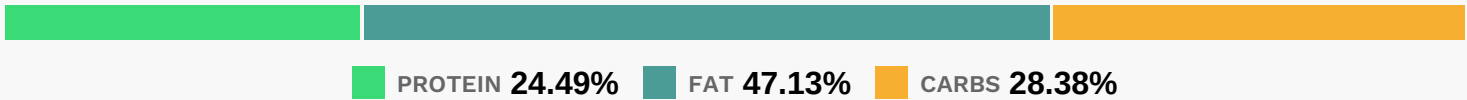
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ tongs

Directions

- ☐ Cook beef and garlic powder in a skillet, stirring until crumbled and no longer pink.
- ☐ Remove from heat; drain. Stir in shredded cheese and onion; set aside.
- ☐ Heat next 3 ingredients in a saucepan over medium heat; stir until melted. Stir in dip mix, chiles, and pimiento.
- ☐ Pour water to a depth of 1 inch in a skillet; heat over medium-high heat. Dip tortillas, 1 at a time, into hot water, using tongs; soak 2 to 3 seconds. Spoon about 1/3 cup meat mixture onto 1 side of each tortilla; roll up tightly, and place in a lightly greased 13- x 9-inch baking dish. Top with cheese sauce.
- ☐ Bake, covered, at 350 for 30 minutes. Uncover and bake 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:32.92, Glycemic Load:17.98, Inflammation Score:-8, Nutrition Score:26.71999997678%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 681.42kcal (34.07%), Fat: 35.87g (55.19%), Saturated Fat: 18.92g (118.28%), Carbohydrates: 48.61g (16.2%), Net Carbohydrates: 42.58g (15.48%), Sugar: 5.05g (5.61%), Cholesterol: 131.49mg (43.83%), Sodium: 1174.38mg (51.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.95g (83.89%), Phosphorus: 822.8mg (82.28%), Calcium: 687.05mg (68.71%), Zinc: 7.89mg (52.57%), Selenium: 35.98µg (51.4%), Vitamin B12: 2.45µg (40.76%), Vitamin B2: 0.6mg (35.29%), Vitamin B6: 0.62mg (31.05%), Vitamin B3: 5.87mg (29.37%), Magnesium: 108.44mg (27.11%), Fiber: 6.03g (24.1%), Vitamin A: 1180.19IU (23.6%), Iron: 4.23mg (23.48%), Vitamin C: 18.64mg (22.6%), Potassium: 663.03mg (18.94%), Manganese: 0.36mg (17.8%), Copper: 0.33mg (16.66%), Vitamin B5: 1.11mg (11.06%), Vitamin B1: 0.16mg (10.47%), Folate: 41.16µg (10.29%), Vitamin E: 1.22mg (8.15%), Vitamin K: 5.44µg (5.18%), Vitamin D: 0.55µg (3.69%)