



Green Chile Enchiladas

 Vegetarian  Gluten Free  Popular

READY IN



60 min.

SERVINGS



4

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds tomatillos
- 3 cloves garlic
- 2 jalapeño peppers
- 0.5 cup cilantro leaves fresh chopped
- 4 servings salt
- 4 large hatch chiles green with poblanos, if you want spicier)
- 12 corn tortillas yellow for sturdy corn tortillas (look)
- 4 servings canola oil

- 0.5 pound monterrey jack cheese grated (quantity depends on how cheesy you want the enchiladas to be)
- 4 servings cup heavy whipping cream sour
- 4 servings cilantro leaves

Equipment

- bowl
- frying pan
- paper towels
- oven
- blender
- roasting pan
- casserole dish
- aluminum foil
- broiler
- stove
- spatula

Directions

- Remove the husks from the tomatillos. Rinse off the tomatillos.
- Cut the tomatillos in half and place them cut-side down on a roasting pan lined with aluminum foil.
- Place the garlic and jalapeños on the pan with the tomatillos.
- Broil on the top rack on the oven for 5 to 10 minutes until the tomatillos are lightly charred.
- Remove from the oven and let cool to touch.
- Remove garlic from the garlic skins, discard the skins.
- Cut open the jalapeños and remove and discard the seeds and the stems.
- Place tomatillos, cooked garlic, the jalapeños, cilantro, and 1 teaspoon of salt in a blender, pulse until well puréed. Set aside. (You can make several days in advance and store in the refrigerator.)

- Roast the chiles: If you have a stove-top gas burner, you can roast the chiles directly over the flame of the burner (see How to roast chile peppers over a gas flame), otherwise use a broiler and broil the chiles in a roasting pan, turning them until they are blackened all over.
- Place the blackened chiles in a bowl and cover with a plate.
- Let the chiles steam in their own heat for 5 minutes. Then remove the chiles from the bowl and peel off and discard the blackened skin.
- Slice open the chiles and remove and discard the seed pod, any seeds (they're hot!) and the stems. Slice the chiles into strips.
- Heat a couple tablespoons of oil in a frying pan (cast iron works well) on medium-high heat.
- Once the oil is hot, add a corn tortilla to the pan. The tortilla should sizzle as it hits the pan. Turn it over and let it cook until little pockets of air start to bubble up.
- Remove the tortilla from the pan with a metal spatula, shaking off any excess oil, to a plate lined with paper towels.
- Cook the remaining tortillas this way, adding more oil as needed. Separate the cooling tortillas with paper towels.
- Assemble the enchiladas: Preheat the oven to 350°F.
- Spread a little tomatillo sauce in the bottom of a 9x13 casserole pan.
- One by one, place a little grated cheese and a strip or two of green chiles in the center of the tortillas, roll them up, and place them seam side down in the casserole.
- Once you have filled the casserole with the rolled tortillas, spread the remaining tomatillo sauce over them, and sprinkle with the remaining cheese.
- Bake for 15 minutes at 350°F, until the cheese is melted.
- Serve with sour cream (thinned with some water) drizzled over, and some chopped fresh cilantro. Thinly sliced iceberg lettuce that has been sprinkled with cider or white vinegar and salt is also good with it. Makes for excellent leftovers; will keep in the refrigerator for several days.

Nutrition Facts

  

 PROTEIN 13.25%  FAT 54.5%  CARBS 32.25%

Properties

Glycemic Index:50.88, Glycemic Load:15.49, Inflammation Score:-8, Nutrition Score:22.193043377088%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 601.49kcal (30.07%), Fat: 37.51g (57.71%), Saturated Fat: 14.57g (91.08%), Carbohydrates: 49.94g (16.65%), Net Carbohydrates: 40.01g (14.55%), Sugar: 9.89g (10.99%), Cholesterol: 57.54mg (19.18%), Sodium: 726.19mg (31.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.51g (41.03%), Phosphorus: 578.39mg (57.84%), Calcium: 516.76mg (51.68%), Vitamin C: 34.98mg (42.4%), Fiber: 9.93g (39.73%), Vitamin K: 35.05µg (33.38%), Manganese: 0.58mg (28.8%), Magnesium: 108.85mg (27.21%), Vitamin B3: 4.51mg (22.55%), Vitamin E: 3.38mg (22.52%), Vitamin B2: 0.36mg (21.31%), Zinc: 3.18mg (21.22%), Selenium: 14.64µg (20.92%), Potassium: 699.37mg (19.98%), Vitamin B6: 0.38mg (18.81%), Vitamin A: 923.62IU (18.47%), Copper: 0.29mg (14.48%), Iron: 2.6mg (14.46%), Vitamin B1: 0.17mg (11.18%), Vitamin B12: 0.5µg (8.26%), Folate: 29.99µg (7.5%), Vitamin B5: 0.55mg (5.47%), Vitamin D: 0.34µg (2.27%)