



## Green Chile-Turkey Enchiladas

READY IN



55 min.

SERVINGS



8

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup gorgonzola dip sour
- 2 tablespoons flour all-purpose
- 2 cups turkey diced cooked
- 8 oz colby cheese shredded finely
- 4 oz chilis green undrained chopped canned
- 10 oz enchilada sauce red canned
- 11 oz flour tortilla for burritos (8 count)
- 1 serving tomatoes shredded chopped

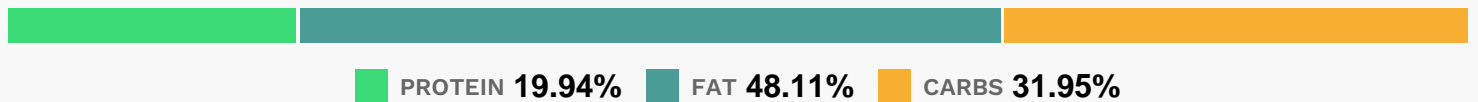
## Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, mix dip and flour. Stir in turkey, 1 cup of the cheese and the chiles.
- Spread about 2 tablespoons enchilada sauce over bottom of baking dish.
- Spread 1 to 2 teaspoons enchilada sauce over each tortilla; top each with about 1/3 cup turkey mixture.
- Roll up each tortilla and place seam side down in baking dish. Top with remaining enchilada sauce.
- Cover with foil; bake 25 minutes.
- Sprinkle with remaining 1 cup cheese.
- Bake uncovered about 15 minutes longer or until thoroughly heated and cheese is melted.
- Garnish with tomatoes, avocado and lettuce.

## Nutrition Facts



## Properties

Glycemic Index:18.38, Glycemic Load:7.35, Inflammation Score:-6, Nutrition Score:11.747826052749%

## Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 353.19kcal (17.66%), Fat: 18.65g (28.69%), Saturated Fat: 9.7g (60.65%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 25.34g (9.21%), Sugar: 6.54g (7.27%), Cholesterol: 44.82mg (14.94%), Sodium: 1018.22mg (44.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.39g (34.78%), Calcium: 300.9mg (30.09%), Selenium: 18.77µg (26.82%), Phosphorus: 264.32mg (26.43%), Vitamin B3: 3.98mg (19.89%), Vitamin B2: 0.28mg (16.47%), Vitamin B1: 0.24mg (15.78%), Vitamin A: 737.36IU (14.75%), Folate: 57.94µg (14.49%), Iron: 2.39mg (13.29%), Manganese: 0.24mg (11.87%), Vitamin B6: 0.23mg (11.5%), Zinc: 1.58mg (10.56%), Vitamin C: 8.64mg (10.47%), Fiber: 2.53g (10.11%), Vitamin B12: 0.54µg (8.97%), Magnesium: 25.61mg (6.4%), Potassium: 211.74mg (6.05%), Vitamin K: 5.36µg (5.1%), Copper: 0.09mg (4.38%), Vitamin B5: 0.37mg (3.65%), Vitamin D: 0.24µg (1.63%), Vitamin E: 0.22mg (1.5%)