



Green Chile-Turkey Enchiladas

READY IN



55 min.

SERVINGS



8

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 oz chilis green undrained chopped canned
- ☐ 8 oz colby cheese shredded finely
- ☐ 10 oz enchilada sauce canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 11.5 oz flour tortilla for burritos (
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 8 servings tomatoes shredded chopped
- ☐ 2 cups turkey diced cooked

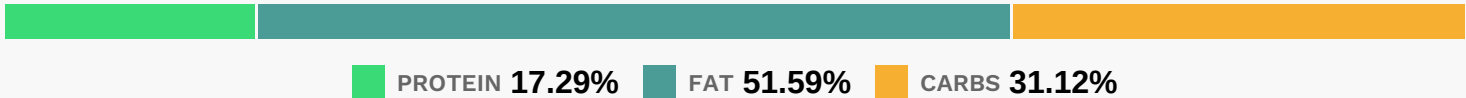
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:9.23, Inflammation Score:-9, Nutrition Score:19.132608724677%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 429.34kcal (21.47%), Fat: 24.92g (38.34%), Saturated Fat: 14.18g (88.62%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 29.31g (10.66%), Sugar: 9.65g (10.72%), Cholesterol: 78.44mg (26.15%), Sodium: 886.62mg (38.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.59%), Vitamin A: 2488.89IU (49.78%), Vitamin C: 31mg (37.58%), Phosphorus: 323.22mg (32.32%), Calcium: 300.08mg (30.01%), Selenium: 20.07µg (28.67%), Vitamin B3: 5.02mg (25.11%), Vitamin B2: 0.37mg (21.85%), Folate: 85.38µg (21.35%), Manganese: 0.43mg (21.3%), Vitamin B1: 0.31mg (20.67%), Vitamin B6: 0.37mg (18.48%), Fiber: 4.51g (18.04%), Vitamin K: 18.88µg (17.98%), Potassium: 617.5mg (17.64%), Iron: 2.94mg (16.31%), Zinc: 1.93mg (12.89%), Magnesium: 45.48mg (11.37%), Vitamin B12: 0.59µg (9.77%), Copper: 0.19mg (9.28%), Vitamin E: 1.35mg (8.99%), Vitamin B5: 0.59mg (5.86%), Vitamin D: 0.72µg (4.8%)