



Green Enchiladas with Crab

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup avocado peeled chopped
- 8 6-inch corn tortillas ()
- 2 tablespoons cilantro leaves fresh minced
- 1 garlic clove minced
- 2 cups iceberg lettuce thinly sliced
- 1 tablespoon juice of lime fresh
- 1 pound lump crab meat drained
- 0.5 cup thinly onion vertically sliced

- 0.3 teaspoon oregano dried
- 2 ounces queso chihuahua cheese shredded
- 0.3 cup radishes thinly sliced
- 0.3 teaspoon salt
- 1 serrano chile seeded
- 8 medium tomatillos
- 2 quarts water
- 2 teaspoons vinegar white

Equipment

- bowl
- oven
- sieve
- blender
- baking pan
- dutch oven

Directions

- Preheat oven to 37
- To prepare sauce, discard husks and stems from tomatillos. Bring 2 quarts water to a boil in a large Dutch oven.
- Add tomatillos; cook 2 minutes.
- Drain.
- Place tomatillos, avocado, and next 5 ingredients (avocado through garlic) in a blender; process until smooth. Strain mixture through a sieve into a medium bowl; discard solids.
- To prepare enchiladas, combine the cheese, 1/4 teaspoon salt, and crab. Warm tortillas according to package directions. Spoon about 1/2 cup crab mixture down center of each tortilla; roll up.
- Place, seam-side down, in an 11 x 7-inch baking dish coated with cooking spray. Cover and bake at 375 for 12 minutes or until thoroughly heated.

To prepare topping, combine lettuce and remaining ingredients.

Serve enchiladas with sauce and topping.

Nutrition Facts

PROTEIN 35.9% FAT 22.38% CARBS 41.72%

Properties

Glycemic Index:74.63, Glycemic Load:10.86, Inflammation Score:-8, Nutrition Score:26.982174054436%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg, Pelargonidin: 4.58mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 305.32kcal (15.27%), Fat: 7.7g (11.85%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 26.1g (9.49%), Sugar: 5.35g (5.94%), Cholesterol: 57.41mg (19.14%), Sodium: 1255.95mg (54.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.81g (55.62%), Vitamin B12: 10.44µg (174.07%), Selenium: 47.88µg (68.4%), Copper: 1.3mg (65.23%), Zinc: 8.18mg (54.53%), Phosphorus: 514.69mg (51.47%), Magnesium: 123.94mg (30.98%), Vitamin C: 22.48mg (27.25%), Fiber: 6.23g (24.92%), Manganese: 0.43mg (21.46%), Calcium: 211.9mg (21.19%), Vitamin B6: 0.42mg (21.05%), Folate: 83.06µg (20.76%), Potassium: 685.57mg (19.59%), Vitamin K: 19.44µg (18.51%), Vitamin B3: 3.58mg (17.9%), Iron: 2.11mg (11.69%), Vitamin B1: 0.17mg (11.22%), Vitamin B2: 0.16mg (9.64%), Vitamin A: 446.96IU (8.94%), Vitamin B5: 0.82mg (8.2%), Vitamin E: 0.77mg (5.11%), Vitamin D: 0.38µg (2.55%)