



HERDEZ® Turkey and Zucchini Enchiladas with Tomatillo Verde Sauce

READY IN



55 min.

SERVINGS



8

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 flour tortillas
- 3 cloves garlic minced
- 4 ounce chilies green chopped canned
- 1 teaspoon ground cumin
- 24 ounce herdez® tomatilla verde mexican cooking sauce divided
- 1 pound pd of ground turkey lean
- 2 cups monterrey jack cheese shredded
- 1 cup onions diced

- 0.5 teaspoon salt
- 2 cups zucchini shredded

Equipment

- frying pan
- oven
- casserole dish
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Spray a 9x13x2-inch casserole dish with cooking spray. Take 1 cup of cooking sauce and spread it evenly on the bottom of dish. Set aside.
- For enchilada filling: In large non-stick skillet sprayed with cooking spray, saute 1 cup diced onions and garlic until onions are translucent, about 5 minutes.
- Add in the ground turkey and cook until browned. Next add in ground cumin, salt, chopped green chilies, cayenne (if using), salt, zucchini and 1/4 cup cooking sauce.
- Mix well and take off heat.
- To assemble enchiladas: Take one flour tortilla and, in the center, put about 1/3 to 1/2 cup of the turkey-zucchini mixture down the middle in a strip.
- Place 2 tablespoons Monterey Jack cheese on top of turkey mixture and roll up.
- Place in prepared casserole dish with seam side down. Repeat with remaining tortillas, placing them side by side.
- Pour the second jar of cooking sauce on top of the enchiladas, coating them evenly with the sauce.
- Sprinkle with remaining cheese. Cover with foil.
- Bake for 30 to 35 minutes in the preheated oven, or until the sauce is bubbly and the enchiladas are warmed through.
- Garnish with chopped onion, cilantro, and sour cream, if desired.

Nutrition Facts



■ PROTEIN 25.42% ■ FAT 29.11% ■ CARBS 45.47%

Properties

Glycemic Index:17.25, Glycemic Load:5.35, Inflammation Score:-5, Nutrition Score:13.813913122467%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 384.15kcal (19.21%), Fat: 12.33g (18.97%), Saturated Fat: 6.59g (41.17%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 41.12g (14.95%), Sugar: 23.01g (25.57%), Cholesterol: 56.33mg (18.78%), Sodium: 1636.24mg (71.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin B3: 7.04mg (35.19%), Selenium: 23.65µg (33.79%), Phosphorus: 336.49mg (33.65%), Vitamin B6: 0.62mg (30.77%), Calcium: 270.26mg (27.03%), Vitamin B2: 0.29mg (17.11%), Vitamin B1: 0.22mg (14.48%), Zinc: 2.16mg (14.42%), Manganese: 0.26mg (13.14%), Folate: 49.12µg (12.28%), Iron: 2.07mg (11.51%), Vitamin C: 9.1mg (11.03%), Potassium: 346.77mg (9.91%), Magnesium: 39.45mg (9.86%), Fiber: 2.22g (8.87%), Vitamin B12: 0.52µg (8.73%), Vitamin B5: 0.7mg (7.02%), Vitamin A: 297.09IU (5.94%), Copper: 0.1mg (5.15%), Vitamin K: 4.31µg (4.11%), Vitamin D: 0.4µg (2.64%), Vitamin E: 0.16mg (1.09%)