



Make-Ahead Ham & Egg Enchiladas

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 6-inch corn tortillas warmed ()
- 4 oz philadelphia cream cheese softened ()
- 14 slices oscar mayer deli ham smoked fresh chopped
- 8 eggs beaten
- 2 Tbsp cilantro leaves fresh chopped
- 16 oz salsa green
- 2 Tbsp milk
- 2 tsp oil

1.5 cups mozzarella cheese shredded divided kraft

Equipment

frying pan

oven

baking pan

Directions

Heat oil in large skillet on medium heat.

Add ham; cook and stir 1 min. Stir in eggs; cook 2 min. or until set, stirring occasionally.

Spoon egg mixture down centers of tortillas. Top each with 1 Tbsp. mozzarella; roll up.

Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray. Refrigerate up to 12 hours.

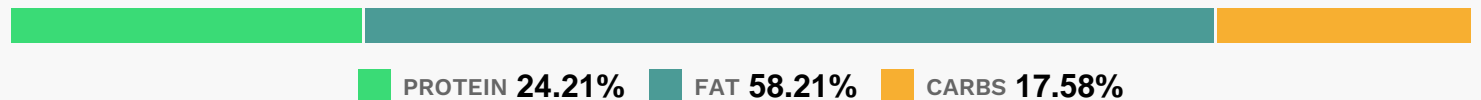
Heat oven to 350F.

Mix cream cheese, salsa and milk until blended; pour over enchiladas. Cover.

Bake 25 min. Top with remaining mozzarella; bake, uncovered, 5 min. or until melted.

Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:4.36, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:2.7873912894207%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 78.03kcal (3.9%), Fat: 4.97g (7.64%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 3.38g (1.13%), Net Carbohydrates: 3.05g (1.11%), Sugar: 0.97g (1.08%), Cholesterol: 45.08mg (15.03%), Sodium: 248.23mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Selenium: 6.22µg (8.88%), Phosphorus: 73.39mg (7.34%), Vitamin B2: 0.08mg (4.98%), Vitamin B1: 0.07mg (4.64%), Vitamin B12: 0.25µg (4.12%), Vitamin A: 187.53IU (3.75%), Zinc: 0.55mg (3.66%), Calcium: 34.72mg (3.47%), Vitamin B6: 0.07mg (3.36%), Vitamin B3: 0.53mg

(2.65%), Potassium: 81.03mg (2.32%), Vitamin B5: 0.21mg (2.1%), Magnesium: 7.85mg (1.96%), Iron: 0.33mg (1.81%), Vitamin D: 0.27µg (1.8%), Vitamin E: 0.21mg (1.43%), Folate: 5.25µg (1.31%), Fiber: 0.33g (1.31%), Copper: 0.02mg (1.18%), Manganese: 0.02mg (1.12%)