



## Mom's Halibut Enchiladas

READY IN



75 min.

SERVINGS



8

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon butter cold thinly sliced
- ☐ 1 cup cream cheese softened
- ☐ 8 8-inch flour tortillas ()
- ☐ 1 teaspoon parsley fresh chopped
- ☐ 8 ounce chiles diced green canned
- ☐ 2 green onions chopped
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 2 pounds halibut
- ☐ 1 cup heavy cream or as needed

- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup mayonnaise
- ☐ 0.3 cup parmesan cheese
- ☐ 0.5 teaspoon seafood seasoning old bay® (such as )
- ☐ 1 cup mozzarella cheese shredded
- ☐ 1 cup heavy whipping cream sour

## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C).
- ☐ Place halibut in a 9x13 inch baking dish.
- ☐ Sprinkle with seafood seasoning and lemon juice. Dot halibut with butter slices.
- ☐ Bake in the preheated oven until fish flakes easily with a fork, 15 to 20 minutes.
- ☐ Remove pan from oven and cool halibut slightly. Flake into bite sized pieces in the baking dish.
- ☐ Combine mayonnaise, sour cream, and cream cheese in a large bowl.
- ☐ Carefully stir in flaked halibut, diced green chiles, green onions, parsley, salt, and black pepper.
- ☐ Spoon filling onto tortillas in a line down the center, and roll them around the filling into a cylinder shape.
- ☐ Grease a 9x15 inch baking dish.
- ☐ Place rolled tortillas seam sides down in the prepared baking dish.
- ☐ Pour heavy cream over rolled tortillas, using as much as needed to cover.
- ☐ Top with mozzarella and Parmesan cheeses.
- ☐ Bake in the preheated oven until cheese is browned and bubbling, about 45 minutes.

## Nutrition Facts



 **PROTEIN 17.26%**  **FAT 66.54%**  **CARBS 16.2%**

Properties

Glycemic Index:45.13, Glycemic Load:8.63, Inflammation Score:-8, Nutrition Score:26.799565273782%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 773.74kcal (38.69%), Fat: 57.15g (87.92%), Saturated Fat: 23.26g (145.41%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 28.91g (10.51%), Sugar: 5.26g (5.84%), Cholesterol: 161.09mg (53.7%), Sodium: 991.28mg (43.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.35g (66.7%), Selenium: 71.33µg (101.9%), Vitamin K: 59.3µg (56.47%), Phosphorus: 524.18mg (52.42%), Vitamin B3: 9.93mg (49.66%), Vitamin D: 5.93µg (39.56%), Vitamin B6: 0.74mg (36.93%), Vitamin B12: 1.81µg (30.15%), Calcium: 282.87mg (28.29%), Vitamin A: 1296.99IU (25.94%), Vitamin B2: 0.41mg (24.38%), Vitamin B1: 0.35mg (23.01%), Folate: 87.45µg (21.86%), Potassium: 722.45mg (20.64%), Vitamin E: 2.31mg (15.38%), Manganese: 0.3mg (15.21%), Iron: 2.74mg (15.21%), Vitamin C: 11.45mg (13.88%), Magnesium: 51.58mg (12.9%), Zinc: 1.57mg (10.45%), Fiber: 2.39g (9.56%), Vitamin B5: 0.92mg (9.2%), Copper: 0.11mg (5.29%)