



Mushroom and Zucchini Enchiladas



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 small corn tortillas
- ☐ 1 teaspoon cumin toasted (and ground)
- ☐ 2 cloves garlic chopped ()
- ☐ 1 cup jack and cheddar cheese shredded ()
- ☐ 1 pound mushrooms diced ()
- ☐ 2 tablespoon oil
- ☐ 1 large onion sliced ()
- ☐ 1 teaspoon oregano

- ☐ 3 cups salsa verde
- ☐ 1 pound zucchini diced ()

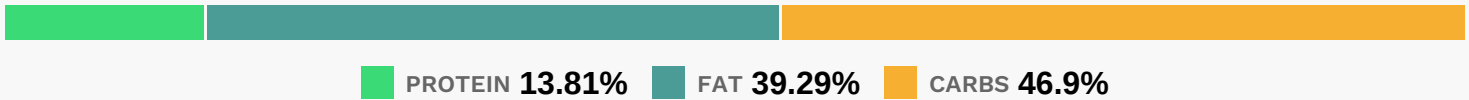
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onions and cook until tender, about 5–7 minutes at medium–high heat.
- ☐ Add the mushrooms and cook until they release their moisture and it has evaporated, about 10–15 minutes.
- ☐ Add the zucchini and cook until just tendder, about 4–5 minutes.
- ☐ Add the garlic, cumin and oregano and cook until fragrant, about a minute.
- ☐ Remove from heat and mix in a cup of the salsa verde.
- ☐ Spread 1/4 cup of the salsa verde over the bottom of your baking dish.
- ☐ Fill the corn tortillas with filling, roll them up and place them in the baking dish with the seam on the bottom.
- ☐ Pour the remaining salsa verde over the tortillas and sprinkle on the cheese.
- ☐ Bake in a preheated 350F oven until the cheese is nice and bubbling and starts to brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:47.88, Glycemic Load:17.25, Inflammation Score:-9, Nutrition Score:24.30434810597%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg 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: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg, Quercetin: 8.39mg

Nutrients (% of daily need)

Calories: 481.62kcal (24.08%), Fat: 21.35g (32.85%), Saturated Fat: 6.45g (40.3%), Carbohydrates: 57.36g (19.12%), Net Carbohydrates: 49.25g (17.91%), Sugar: 18.14g (20.15%), Cholesterol: 25.14mg (8.38%), Sodium: 1440.77mg (62.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.89g (33.77%), Phosphorus: 527.37mg (52.74%), Vitamin B2: 0.74mg (43.49%), Vitamin C: 32.41mg (39.29%), Potassium: 1244.63mg (35.56%), Fiber: 8.12g (32.46%), Calcium: 319.45mg (31.95%), Manganese: 0.63mg (31.32%), Vitamin A: 1520.71IU (30.41%), Vitamin B3: 5.9mg (29.51%), Copper: 0.58mg (28.82%), Selenium: 20.08µg (28.68%), Vitamin B6: 0.57mg (28.35%), Magnesium: 101.71mg (25.43%), Vitamin B5: 2.13mg (21.33%), Zinc: 2.94mg (19.6%), Vitamin B1: 0.24mg (16.31%), Folate: 63.88µg (15.97%), Iron: 2.77mg (15.39%), Vitamin K: 13.88µg (13.22%), Vitamin E: 1.78mg (11.87%), Vitamin B12: 0.28µg (4.66%), Vitamin D: 0.4µg (2.64%)