



Pan-Fried Mushroom and Cheese Flautas

READY IN



30 min.

SERVINGS



4

CALORIES



488 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 medium onion chopped
- ☐ 1 medium bell pepper red chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 8 oz mushrooms fresh chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon salt
- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- ☐ 6 oz pepper jack cheese shredded finely

- ☐ 2 tablespoons vegetable oil
- ☐ 1 serving cream sour
- ☐ 1 serving guacamole

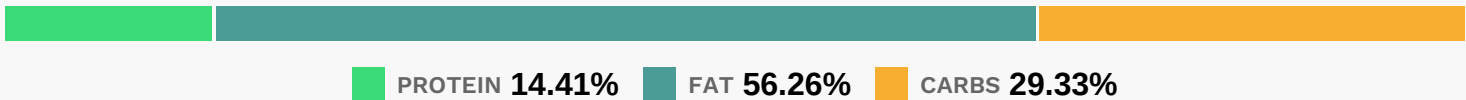
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ toothpicks
- ☐ slotted spoon

Directions

- ☐ In 10-inch skillet, melt butter over medium-high heat.
- ☐ Add onion, bell pepper and garlic; cook and stir 2 minutes.
- ☐ Add mushrooms, oregano and salt; cook and stir 2 to 4 minutes or until onion and bell pepper are tender.
- ☐ With slotted spoon, top each tortilla with mushroom mixture.
- ☐ Sprinkle each with cheese.
- ☐ Roll up tightly; secure with toothpick.
- ☐ Wipe skillet clean with paper towel.
- ☐ Add oil to same skillet; heat over medium heat until hot.
- ☐ Add flautas; cook 4 to 6 minutes, turning occasionally, until filling is hot and tortillas are toasted.
- ☐ Remove toothpicks before serving.
- ☐ Serve with sour cream and guacamole.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:10.65, Inflammation Score:-9, Nutrition Score:20.713912943135%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 488kcal (24.4%), Fat: 30.92g (47.57%), Saturated Fat: 12.4g (77.5%), Carbohydrates: 36.27g (12.09%), Net Carbohydrates: 32.32g (11.75%), Sugar: 6.05g (6.72%), Cholesterol: 39.62mg (13.21%), Sodium: 900.69mg (39.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.81g (35.63%), Vitamin C: 41.85mg (50.73%), Calcium: 428.14mg (42.81%), Phosphorus: 380.05mg (38.01%), Selenium: 24.91µg (35.59%), Vitamin B2: 0.6mg (35.45%), Vitamin A: 1537.12IU (30.74%), Vitamin B1: 0.38mg (25.25%), Vitamin B3: 5.02mg (25.1%), Folate: 92.52µg (23.13%), Manganese: 0.44mg (21.92%), Vitamin K: 22.55µg (21.48%), Iron: 3.1mg (17.23%), Fiber: 3.95g (15.82%), Copper: 0.28mg (13.95%), Vitamin B6: 0.27mg (13.64%), Zinc: 2.04mg (13.62%), Vitamin B5: 1.19mg (11.95%), Potassium: 410.56mg (11.73%), Vitamin E: 1.47mg (9.83%), Magnesium: 38mg (9.5%), Vitamin B12: 0.39µg (6.48%), Vitamin D: 0.37µg (2.46%)