



Poblano-Shrimp Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 corn tortillas
- ☐ 10 ounce enchilada sauce green canned
- ☐ 0.3 teaspoon ground cumin
- ☐ 6 ounces monterrey jack cheese shredded
- ☐ 5 tablespoons olive oil divided
- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper

- ☐ 1 large poblano pepper halved seeded
- ☐ 0.3 teaspoon salt
- ☐ 0.8 pound shrimp fresh unpeeled
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 tomatoes chopped

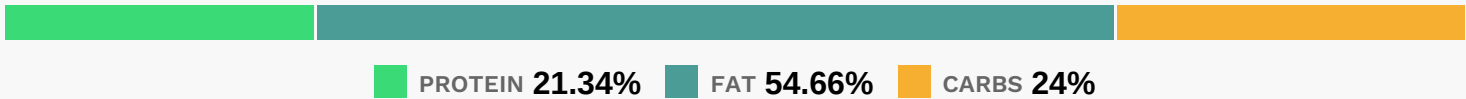
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Peel shrimp, and devein, if desired. Coarsely chop shrimp, and set aside.
- ☐ Brush an 11- x- 7-inch baking dish with 2 tablespoons oil. Set aside.
- ☐ Saute pepper in remaining oil in a large skillet over medium-high heat until skin looks blistered.
- ☐ Remove from skillet, and chop.
- ☐ Return chopped pepper to skillet.
- ☐ Add onion and next 5 ingredients; saute 4 minutes.
- ☐ Add chopped shrimp, and saute 1 minute; remove from heat, and cool 5 minutes. Stir in sour cream.
- ☐ Heat tortillas according to package directions. Spoon shrimp mixture evenly down center of each tortilla, and roll up. Arrange, seam side down, in prepared pan. Top with sauce, and sprinkle with cheese. Cover and chill up to 1 day ahead.
- ☐ Bake at 350 for 25 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:48.63, Glycemic Load:11.36, Inflammation Score:-9, Nutrition Score:19.555217328279%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 614.42kcal (30.72%), Fat: 38.09g (58.6%), Saturated Fat: 13.82g (86.36%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 31.29g (11.38%), Sugar: 9.77g (10.86%), Cholesterol: 191.74mg (63.91%), Sodium: 1153.4mg (50.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.46g (66.91%), Phosphorus: 583.59mg (58.36%), Vitamin C: 41.64mg (50.48%), Calcium: 464.59mg (46.46%), Vitamin A: 1395.01IU (27.9%), Fiber: 6.34g (25.34%), Copper: 0.5mg (24.78%), Magnesium: 94.15mg (23.54%), Zinc: 3.38mg (22.5%), Vitamin E: 3.26mg (21.75%), Manganese: 0.37mg (18.59%), Vitamin K: 19.41µg (18.48%), Potassium: 598.26mg (17.09%), Vitamin B2: 0.28mg (16.31%), Vitamin B6: 0.32mg (16.21%), Selenium: 10.61µg (15.16%), Iron: 2.42mg (13.45%), Vitamin B1: 0.11mg (7.62%), Folate: 28.44µg (7.11%), Vitamin B12: 0.41µg (6.89%), Vitamin B3: 1.29mg (6.44%), Vitamin B5: 0.36mg (3.61%), Vitamin D: 0.26µg (1.7%)