



Pork Chili Verde Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.3 cups cheese shredded
- ☐ 2 pepper flakes fresh
- ☐ 12 6-inch corn tortillas
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 1 jalapeno seeded coarsely chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 14.5 ounce chicken broth canned

- ☐ 1.3 cups onion chopped
- ☐ 2 plum tomatoes seeded chopped
- ☐ 6 servings fatty pork chilled
- ☐ 0.3 cup cream sour
- ☐ 4 ounces tomatillos husked rinsed quartered

Equipment

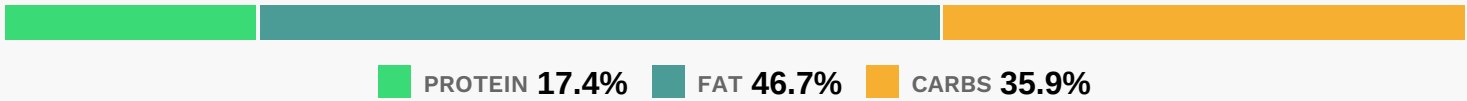
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ broiler
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Char Anaheim chilies over gas flame or in broiler until blackened on all sides. Enclose in plastic bag 10 minutes. Peel, seed and coarsely chop chilies.
- ☐ Combine broth, 1/2 cup onion, tomatillos, jalapeño and garlic in medium saucepan. Simmer over medium heat until liquid is reduced to 1 cup, about 10 minutes.
- ☐ Transfer to blender. Cool to room temperature.
- ☐ Add Anaheim chilies, cilantro and lime juice. Blend until smooth.
- ☐ Transfer to bowl.
- ☐ Whisk in sour cream. Season with salt and pepper. (Can be made 1 day ahead. Cover; chill.)
- ☐ Preheat oven to 350°F. Lightly oil 15x10x2-inch baking dish.

- ☐ Place 6 tortillas between 2 damp paper towels. Cook in microwave on high until warm, about 1 minute. Working with 1 warm tortilla at a time, dip tortillas into sauce; shake excess sauceback into bowl.
- ☐ Place tortillas on work surface. Spoon scant 1/4 cup Pork Chili Verde, 2 tablespoons cheese and 1 tablespoon onion down center of each.
- ☐ Roll up tortillas. Arrange enchiladas, seam side down, in dish. Repeat with remaining 6 tortillas. (Can be made 8 hours ahead. Cover enchiladas, remaining sauce and cheese separately. Chill.) Top enchiladas with remaining sauce, then cheese.
- ☐ Bake enchiladas uncovered until heated through, about 20 minutes (or 30 minutes if enchiladas have been refrigerated).
- ☐ Sprinkle tomatoes over and serve.

Nutrition Facts



Properties

Glycemic Index:46.92, Glycemic Load:11.81, Inflammation Score:-7, Nutrition Score:15.076086842495%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

Nutrients (% of daily need)

Calories: 350.12kcal (17.51%), Fat: 18.72g (28.8%), Saturated Fat: 9.6g (59.98%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 27.61g (10.04%), Sugar: 4.66g (5.17%), Cholesterol: 48.75mg (16.25%), Sodium: 329.03mg (14.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.7g (31.4%), Phosphorus: 417.43mg (41.74%), Vitamin C: 33.01mg (40.01%), Calcium: 369.41mg (36.94%), Selenium: 16.19µg (23.13%), Fiber: 4.78g (19.12%), Vitamin A: 894.01IU (17.88%), Vitamin B2: 0.3mg (17.4%), Zinc: 2.55mg (16.97%), Magnesium: 64.4mg (16.1%), Vitamin B6: 0.32mg (15.93%), Manganese: 0.31mg (15.62%), Vitamin B3: 2.53mg (12.67%), Potassium: 413.91mg (11.83%), Copper: 0.2mg (9.77%), Vitamin B12: 0.54µg (9.08%), Vitamin K: 9.46µg (9.01%), Vitamin B1: 0.12mg (7.7%), Iron: 1.29mg (7.18%), Folate: 27.64µg (6.91%), Vitamin E: 0.9mg (6%), Vitamin B5: 0.41mg (4.06%), Vitamin D: 0.25µg (1.7%)