

## Pork Enchiladas

READY IN



45 min.

SERVINGS



6

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups colby-monterey jack cheese shredded
- 10.8 ounce condensed tomato soup canned
- 10 ounce enchilada sauce canned
- 6 7-inch flour tortillas ()
- 0.3 teaspoon garlic powder
- 4 ounce chilies green chopped canned
- 0.5 teaspoon ground cumin
- 0.5 teaspoon onion powder
- 1 cup reduced fat cream sour

2 cups fatty pork shredded cooked

## Equipment

bowl

oven

baking pan

## Directions

Preheat an oven to 350 degrees F (175 degrees C).

Combine cooked pork, enchilada sauce, onion powder, 1/2 cup sour cream, green chilies, and one cup of the shredded cheese in a large bowl. In a separate bowl, stir together tomato soup, remaining 1/2 cup sour cream, garlic powder, and cumin.

Pour a thin layer of the tomato soup mixture into a 9x13 baking dish.

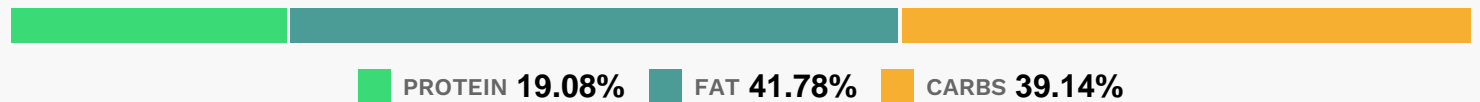
Spread pork mixture down the center of each tortilla.

Roll tortillas to enclose filling; place seam side down in the baking dish.

Pour the remaining soup mixture over the filled tortillas. Top with the remaining 1 cup cheese.

Bake in preheated oven until hot and bubbly, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.92, Glycemic Load:9.87, Inflammation Score:-7, Nutrition Score:13.604782576146%

## Flavonoids

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 538.42kcal (26.92%), Fat: 25.16g (38.71%), Saturated Fat: 12.96g (80.99%), Carbohydrates: 53.03g (17.68%), Net Carbohydrates: 49.38g (17.96%), Sugar: 21.45g (23.83%), Cholesterol: 80.85mg (26.95%), Sodium: 1730.95mg (75.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.86g (51.72%), Calcium: 450.53mg (45.05%), Phosphorus: 306.85mg (30.68%), Selenium: 18.49µg (26.42%), Vitamin A: 1050.06IU (21%), Vitamin B2: 0.33mg (19.48%), Iron: 3.38mg (18.81%), Vitamin B1: 0.28mg (18.4%), Manganese: 0.31mg (15.52%), Fiber: 3.65g

(14.6%), Vitamin C: 11.58mg (14.04%), Folate: 54.42µg (13.6%), Potassium: 460.85mg (13.17%), Vitamin B3: 2.54mg (12.7%), Zinc: 1.68mg (11.17%), Magnesium: 32.13mg (8.03%), Vitamin B12: 0.47µg (7.89%), Vitamin K: 6.09µg (5.8%), Vitamin B6: 0.11mg (5.61%), Copper: 0.09mg (4.73%), Vitamin E: 0.39mg (2.62%), Vitamin D: 0.3µg (2.02%), Vitamin B5: 0.16mg (1.57%)