

Potato Enchilada



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



373 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 ounce tomatoes diced with green chile peppers, drained canned
- ☐ 12 8-inch flour tortillas ()
- ☐ 8 ounce peas sweet drained canned
- ☐ 6 potatoes shredded peeled
- ☐ 8 ounce processed cheese melted
- ☐ 3 tablespoons vegetable oil
- ☐ 8.8 ounce kernel corn whole drained canned

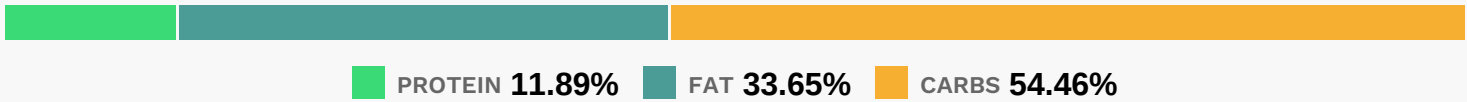
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in a large, heavy skillet over medium heat. Cook the shredded potatoes until golden brown on both sides. In a small bowl combine the melted processed cheese with the diced tomatoes with chiles.
- ☐ Stir in half of the peas and half of the corn, and mash them into the hash browns. When well combined, add the remaining peas and corn; continue mashing to combine. Stir in about 1 cup of the cheese and tomato mixture and mix well. Cook for 10 minutes, or until heated through.
- ☐ Spoon the potato mixture into the tortillas and roll like a burrito. Smother with cheese/tomato mixture.

Nutrition Facts



Properties

Glycemic Index:12.06, Glycemic Load:21.77, Inflammation Score:-7, Nutrition Score:16.599130309146%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 372.53kcal (18.63%), Fat: 14.03g (21.58%), Saturated Fat: 5.52g (34.49%), Carbohydrates: 51.08g (17.03%), Net Carbohydrates: 45.86g (16.68%), Sugar: 4.88g (5.42%), Cholesterol: 18.9mg (6.3%), Sodium: 833.79mg (36.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.3%), Vitamin C: 27.2mg (32.97%), Phosphorus: 316.27mg (31.63%), Calcium: 303.58mg (30.36%), Vitamin B1: 0.38mg (25.57%), Manganese: 0.51mg (25.52%), Selenium: 15.8µg (22.58%), Vitamin B6: 0.42mg (20.96%), Fiber: 5.22g (20.9%), Vitamin B3: 4.08mg (20.38%), Folate: 80.8µg (20.2%), Iron: 3.55mg (19.72%), Potassium: 669.9mg (19.14%), Vitamin K: 17.72µg (16.88%), Vitamin B2: 0.26mg (15.04%), Magnesium: 51.69mg (12.92%), Copper: 0.23mg (11.72%), Vitamin A: 524.99IU (10.5%), Zinc: 1.31mg (8.73%), Vitamin B5: 0.55mg (5.48%), Vitamin E: 0.76mg (5.1%), Vitamin B12: 0.28µg (4.72%)