



## Quick Seafood Enchiladas

READY IN



35 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 ounce cream cheese softened
- 10 ounce chile enchilada sauce green canned
- 6 8-inch flour tortillas ()
- 2 teaspoons cilantro leaves fresh chopped
- 2 cloves garlic minced
- 2 teaspoons juice of lime
- 1 pound shrimp deveined cooked peeled chopped

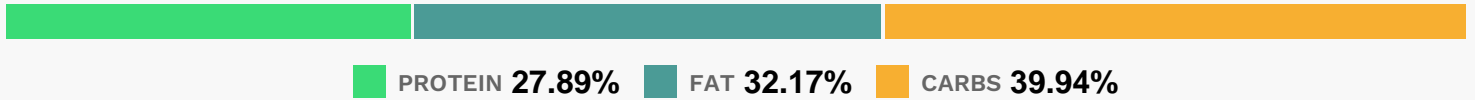
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Stir shrimp, cream cheese, garlic, cilantro, and lime juice in a skillet over medium heat until cream cheese is smooth and shrimp are heated through, 5 to 7 minutes.
- Divide shrimp mixture evenly onto each tortilla.
- Roll tortilla tightly around the filling to form an enchilada. Arrange enchiladas seam sides down in baking dish.
- Pour enchilada sauce over tortillas.
- Bake in preheated oven until bubbly, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:8.33, Inflammation Score:-5, Nutrition Score:9.7182608816935%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 307.28kcal (15.36%), Fat: 10.97g (16.87%), Saturated Fat: 5.38g (33.65%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 28.03g (10.19%), Sugar: 5.79g (6.44%), Cholesterol: 140.8mg (46.93%), Sodium: 934.54mg (40.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.4g (42.8%), Phosphorus: 288.84mg (28.88%), Selenium: 13.14µg (18.77%), Copper: 0.36mg (17.78%), Vitamin B1: 0.26mg (17.55%), Manganese: 0.3mg (14.81%), Calcium: 143.24mg (14.32%), Iron: 2.57mg (14.27%), Folate: 49.86µg (12.46%), Vitamin A: 572.15IU (11.44%), Vitamin B3: 2.28mg (11.41%), Vitamin B2: 0.19mg (11.1%), Fiber: 2.62g (10.47%), Magnesium: 39.77mg (9.94%), Zinc: 1.39mg (9.27%), Potassium: 294.41mg (8.41%), Vitamin K: 4.2µg (4%), Vitamin B6: 0.05mg (2.69%), Vitamin C: 1.77mg (2.14%), Vitamin B5: 0.2mg (2%), Vitamin E: 0.17mg (1.12%)