



WHATSheATE



Red Chile-Cheese Enchiladas



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces extrasharp cheddar cheese shredded reduced-fat
- ☐ 2 cups chile sauce red
- ☐ 12 6-inch corn tortillas ()
- ☐ 0.8 cup curd cottage cheese fat-free
- ☐ 2.5 ounces monterrey jack cheese shredded
- ☐ 2 tablespoons onion finely chopped
- ☐ 0.1 teaspoon salt

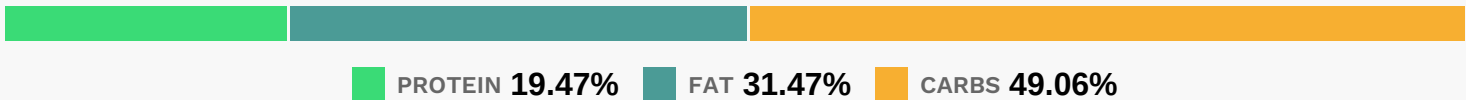
Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400
- ☐ Place cottage cheese in a food processor; process 1 minute or until smooth.
- ☐ Combine cottage cheese, Monterey Jack cheese, onion, and salt, stirring well.
- ☐ Spread 1/4 cup Red Chile Sauce in bottom of an 8 x 8-inch baking dish coated with cooking spray. Arrange 4 tortillas over sauce, overlapping slightly.
- ☐ Spread 1/2 cup cottage cheese mixture evenly over tortillas; top with 1/2 cup Red Chile Sauce. Repeat the layers once with 4 tortillas, remaining cottage cheese mixture, and 1/2 cup Red Chile Sauce. Arrange remaining 4 tortillas over sauce, overlapping slightly; spoon remaining 3/4 cup Red Chile Sauce over tortillas.
- ☐ Sprinkle evenly with cheddar cheese. Cover and bake at 400 for 10 minutes. Uncover and bake an additional 10 minutes or until cheese melts.
- ☐ Let stand 5 minutes.
- ☐ Cut into 8 squares.

Nutrition Facts



Properties

Glycemic Index:22.06, Glycemic Load:8.89, Inflammation Score:-6, Nutrition Score:10.609130491381%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 178.24kcal (8.91%), Fat: 6.43g (9.9%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 19.51g (7.1%), Sugar: 2.9g (3.22%), Cholesterol: 16.46mg (5.49%), Sodium: 235.68mg (10.25%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.91%), Vitamin C: 54.07mg (65.54%), Phosphorus: 251.36mg (25.14%), Calcium: 171.86mg (17.19%), Vitamin B6: 0.29mg (14.67%), Fiber: 3.06g (12.25%), Selenium: 7.86µg (11.23%), Magnesium: 43.59mg (10.9%), Manganese: 0.21mg (10.35%), Vitamin B2: 0.17mg (10.12%), Vitamin A: 498.67IU (9.97%), Zinc: 1.24mg (8.25%), Potassium: 238.61mg (6.82%), Copper: 0.12mg (6.05%), Vitamin B3: 1.1mg (5.48%), Iron: 0.98mg (5.44%), Vitamin K: 5.65µg (5.38%), Vitamin B1: 0.07mg (4.87%), Vitamin B12: 0.25µg (4.1%), Folate: 16.04µg (4.01%), Vitamin E: 0.45mg (2.98%), Vitamin B5: 0.26mg (2.63%)