



 **12%**
HEALTH SCORE

Red Enchiladas With Queso Añejo

READY IN



45 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil for frying plus more
- 8 pepper flakes dried stemmed seeded
- 1 ounce chocolate roughly chopped
- 12 corn tortillas
- 1 garlic clove
- 0.3 teaspoon ground cinnamon
- 4 servings kosher salt
- 0.5 teaspoon oregano dried
- 2 cups queso añejo grated

- 4 saltines
- 0.5 small onion yellow minced

Equipment

- bowl
- frying pan
- sauce pan
- sieve
- blender
- dutch oven
- tongs

Directions

- Set a large 12-inch cast-iron skillet over high heat.
- Add the chiles and cook, flipping often, until they are toasted, three to five minutes. When done transfer to a blender along with the chocolate, oregano, cinnamon, crackers, garlic, clove, and 1 1/2 cups boiling water. Make sure the chiles are submerged, and let sit for five minutes. Blend until smooth.
- Pour the mixture through a fine strainer into a medium-sized bowl.
- Pour one tablespoon of the oil into a two-quart saucepan and turn heat to medium-high. When oil starts to shimmer, pour in the chile sauce. Cook, stirring often, until it has reduced to a thick sauce, three to six minutes. Season to taste with salt. Turn off the heat.
- In a medium-sized bowl, combine the queso añejo and the minced yellow onion.
- Pour enough oil into a large Dutch Oven to come about two inches up the sides. Turn the heat to medium-high and bring to a temperature of 350—F. Using a pair of tongs, take one tortilla and dip into the oil, moving it around constantly, until it has puffed up but is not yet crisp, about 15 seconds.
- Remove, and set aside to cool. Repeat process with remaining tortillas.
- Dip each tortilla into the sauce, so that each is completely coated. Then fill each with about three tablespoons of the cheese and onion mixture.
- Roll them like cigars, and serve with more cheese and minced onion sprinkled on top.

Nutrition Facts

PROTEIN 18.75% FAT 40.68% CARBS 40.57%

Properties

Glycemic Index:51.28, Glycemic Load:19.96, Inflammation Score:-9, Nutrition Score:18.9856522208%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 478.41kcal (23.92%), Fat: 22.53g (34.66%), Saturated Fat: 12.53g (78.31%), Carbohydrates: 50.56g (16.85%), Net Carbohydrates: 43.48g (15.81%), Sugar: 9.54g (10.59%), Cholesterol: 70.71mg (23.57%), Sodium: 267.57mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.68mg (1.56%), Protein: 23.36g (46.72%), Vitamin C: 130.22mg (157.84%), Calcium: 439.89mg (43.99%), Vitamin B6: 0.65mg (32.72%), Phosphorus: 301.23mg (30.12%), Fiber: 7.07g (28.3%), Manganese: 0.54mg (27.07%), Vitamin A: 1334.49IU (26.69%), Magnesium: 87.38mg (21.84%), Vitamin K: 15.95µg (15.19%), Copper: 0.29mg (14.44%), Potassium: 479.5mg (13.7%), Iron: 2.38mg (13.25%), Vitamin B3: 2.56mg (12.79%), Vitamin B1: 0.17mg (11.11%), Vitamin B2: 0.16mg (9.66%), Zinc: 1.42mg (9.44%), Selenium: 5.88µg (8.4%), Folate: 31.12µg (7.78%), Vitamin E: 1.07mg (7.1%), Vitamin B5: 0.3mg (3.03%)