



## Roasted Vegetable Enchiladas

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 6-inch corn tortillas ()
- 1 eggplant coarsely chopped
- 2 Tbsp cilantro leaves fresh chopped
- 4 cloves garlic
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1.5 cups low-moisture part-skim mozzarella cheese shredded divided kraft
- 1 large onion chopped
- 2 jalapeño peppers fresh

- 2 pasilla peppers red
- 0.5 cup water
- 2 small zucchini coarsely chopped

## Equipment

- frying pan
- baking sheet
- oven
- blender
- baking pan
- aluminum foil

## Directions

- Heat oven to 425F.
- Cover rimmed baking sheet with foil; spray with cooking spray. Toss vegetables and garlic with dressing; spread onto prepared baking sheet.
- Bake 30 min., turning after 10 min.; cool.
- Remove garlic cloves; set aside. Peel peppers; discard seeds. Coarsely chop peppers; combine with remaining roasted vegetables.
- Combine 2 cups vegetable mixture and 1/2 cup cheese; set aside. Blend water, garlic and remaining vegetable mixture in blender until smooth.
- Reduce oven temperature to 350F.
- Spread 1 cup vegetable puree onto bottom of 13x9-inch baking dish sprayed with cooking spray.
- Heat tortillas, 1 at a time, in skillet to soften. Spoon about 3 Tbsp. chopped vegetable mixture down center of each tortilla; roll up.
- Place, seam sides down, in prepared baking dish; top with remaining vegetable puree and cheese. Cover.
- Bake 25 min. or until enchiladas are heated through and cheese is melted.
- Sprinkle with cilantro.

# Nutrition Facts

PROTEIN 17.53% FAT 27.54% CARBS 54.93%

## Properties

Glycemic Index:7.55, Glycemic Load:2.43, Inflammation Score:-4, Nutrition Score:4.0260869672765%

## Flavonoids

Delphinidin: 13.08mg, Delphinidin: 13.08mg, Delphinidin: 13.08mg, Delphinidin: 13.08mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

## Nutrients (% of daily need)

Calories: 53kcal (2.65%), Fat: 1.7g (2.61%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 6.03g (2.19%), Sugar: 1.84g (2.05%), Cholesterol: 3.58mg (1.19%), Sodium: 60.76mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin C: 18.79mg (22.77%), Phosphorus: 71.26mg (7.13%), Vitamin A: 326.78IU (6.54%), Fiber: 1.59g (6.35%), Calcium: 58.46mg (5.85%), Manganese: 0.12mg (5.81%), Vitamin B6: 0.11mg (5.27%), Magnesium: 14.82mg (3.7%), Potassium: 120.85mg (3.45%), Vitamin K: 3.14µg (2.99%), Folate: 11.69µg (2.92%), Vitamin B2: 0.05mg (2.8%), Zinc: 0.39mg (2.57%), Selenium: 1.63µg (2.33%), Copper: 0.04mg (2.24%), Vitamin B1: 0.03mg (2.17%), Vitamin B3: 0.42mg (2.12%), Vitamin E: 0.29mg (1.95%), Iron: 0.29mg (1.6%), Vitamin B5: 0.12mg (1.16%)