



Santa Fe Red Chile Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.8 cups new mexican chile sauce red
- ☐ 6 6-inch corn tortillas ()
- ☐ 3 garlic cloves minced
- ☐ 1 cup onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 8 ounces center-cut loin pork chops boneless (1/)
- ☐ 0.3 teaspoon salt

- ☐ 1 ounce sharp cheddar cheese shredded reduced-fat
- ☐ 0.5 teaspoon vegetable oil

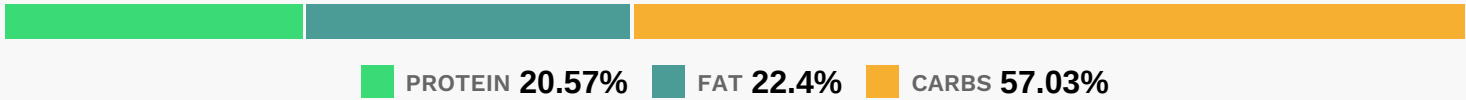
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add pork; cook 1 1/2 minutes on each side or until done.
- ☐ Remove pork; shred with 2 forks.
- ☐ Add oil to pan; heat over medium-high heat.
- ☐ Add onion; saut 4 minutes or until tender.
- ☐ Add garlic; saut 1 minute.
- ☐ Remove from heat; stir in shredded pork, oregano, salt, and pepper.
- ☐ Spread 1/4 cup New Mexican Red Chile Sauce over bottom of an 11 x 7-inch baking dish coated with cooking spray. Arrange 2 tortillas over sauce; top evenly with half of pork mixture and 1/2 cup sauce. Repeat procedure, ending with tortillas.
- ☐ Spread remaining sauce over tortillas.
- ☐ Sprinkle with cheese.
- ☐ Bake at 350 for 20 minutes or until thoroughly heated.
- ☐ Cut each tortilla stack in half.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:8.64, Inflammation Score:-7, Nutrition Score:12.575652013654%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 347.7kcal (17.38%), Fat: 8.09g (12.45%), Saturated Fat: 3.04g (19%), Carbohydrates: 46.36g (15.45%), Net Carbohydrates: 38.76g (14.09%), Sugar: 20.05g (22.28%), Cholesterol: 45.08mg (15.03%), Sodium: 5323.89mg (231.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.46%), Selenium: 23.7µg (33.85%), Fiber: 7.6g (30.42%), Phosphorus: 298.94mg (29.89%), Vitamin B1: 0.44mg (29.38%), Vitamin B6: 0.58mg (29.16%), Vitamin B3: 5.2mg (26.02%), Manganese: 0.25mg (12.72%), Magnesium: 50.76mg (12.69%), Zinc: 1.76mg (11.72%), Calcium: 107.29mg (10.73%), Vitamin B2: 0.18mg (10.44%), Potassium: 364.07mg (10.4%), Vitamin B12: 0.38µg (6.26%), Iron: 1.09mg (6.05%), Copper: 0.12mg (6.03%), Vitamin B5: 0.55mg (5.52%), Vitamin C: 3.67mg (4.45%), Vitamin K: 4.61µg (4.39%), Folate: 12.3µg (3.08%), Vitamin E: 0.38mg (2.56%), Vitamin D: 0.27µg (1.8%), Vitamin A: 83.91IU (1.68%)