



Seafood Enchiladas

READY IN



65 min.

SERVINGS



8

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 8 oz cream sour
- ☐ 8 oz cheddar cheese shredded
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 18 oz crabmeat rinsed drained canned

- ☐ 8 oz shrimp frozen thawed cooked peeled (45 to 50 count)
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 1 avocado pitted ripe peeled chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup plum tomatoes chopped (Roma)
- ☐ 3 tablespoons cilantro leaves fresh chopped

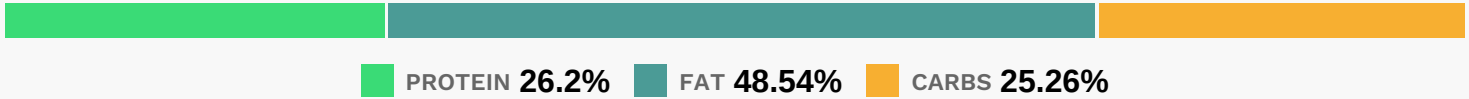
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F. In 2-quart saucepan, melt butter over medium-high heat. Cook onion and garlic in butter 3 to 4 minutes, stirring frequently, until softened. Stir in flour until all flour is blended with butter. Stir in broth and sour cream until smooth.
- ☐ Heat to boiling; cook about 2 minutes, stirring constantly, until sauce is thickened.
- ☐ Remove from heat. Stir in cheese until melted. Stir in chiles.
- ☐ In medium bowl, mix 1 cup of cheese sauce, the crabmeat and shrimp. In 13x9-inch (3-quart) glass baking dish, spoon 1 cup of the cheese sauce over bottom. Spoon about 1/2 cup seafood mixture onto each tortilla.
- ☐ Roll up tortillas; place seam sides down on sauce in dish.
- ☐ Pour remaining sauce over enchiladas.
- ☐ Cover baking dish with foil.
- ☐ Bake 30 to 35 minutes or until bubbly.
- ☐ In medium bowl, toss remaining ingredients. Just before serving, spoon avocado mixture down center of enchiladas.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:8.2, Inflammation Score:-7, Nutrition Score:21.919999887114%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 443.47kcal (22.17%), Fat: 24.03g (36.97%), Saturated Fat: 10.12g (63.25%), Carbohydrates: 28.15g (9.38%), Net Carbohydrates: 24.46g (8.9%), Sugar: 3.91g (4.35%), Cholesterol: 152.2mg (50.73%), Sodium: 1143.6mg (49.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.19g (58.37%), Selenium: 42.82µg (61.17%), Phosphorus: 463.48mg (46.35%), Vitamin B12: 2.55µg (42.44%), Copper: 0.76mg (37.78%), Calcium: 365.47mg (36.55%), Zinc: 4.24mg (28.26%), Folate: 111.62µg (27.9%), Vitamin B2: 0.4mg (23.27%), Vitamin B3: 4.42mg (22.12%), Vitamin B1: 0.29mg (19.01%), Manganese: 0.38mg (18.75%), Vitamin C: 13.22mg (16.02%), Magnesium: 63.09mg (15.77%), Potassium: 546.06mg (15.6%), Fiber: 3.69g (14.75%), Iron: 2.63mg (14.6%), Vitamin E: 2.07mg (13.81%), Vitamin B6: 0.27mg (13.27%), Vitamin A: 639.86IU (12.8%), Vitamin B5: 1.28mg (12.78%), Vitamin K: 10.74µg (10.22%)