



Seafood Enchiladas

READY IN



45 min.

SERVINGS



12

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 3 cups chicken broth
- ☐ 1 pound crab meat
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 cup flour all-purpose
- ☐ 12 10-inch flour tortillas
- ☐ 0.5 teaspoon garlic minced
- ☐ 3 chiles green chopped
- ☐ 1 teaspoon ground cumin

- ☐ 12 oz monterrey jack cheese shredded
- ☐ 0.5 cup onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 12 servings salt and pepper to taste
- ☐ 0.5 pound shrimp cooked
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 teaspoon sugar

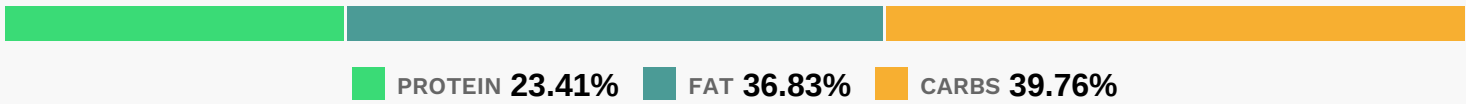
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine broth with flour in a saucepan. Cook over medium heat until thickened, stirring constantly.
- ☐ Add tomatoes with juice, chiles, onion, garlic, sugar and seasonings. Bring to a simmer, stirring frequently.
- ☐ Remove from heat.
- ☐ Divide seafood and half of cheese evenly among tortillas; roll up and arrange seam-side down in a greased 15"x10" baking pan. Blend sour cream into tomato mixture. Spoon tomato mixture over enchiladas; sprinkle with remaining cheese.
- ☐ Bake, uncovered, at 400 degrees for 15 minutes, or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:25.92, Glycemic Load:13.98, Inflammation Score:-6, Nutrition Score:21.016956821732%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 431.46kcal (21.57%), Fat: 17.6g (27.08%), Saturated Fat: 9g (56.24%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 38.99g (14.18%), Sugar: 6g (6.66%), Cholesterol: 81.19mg (27.06%), Sodium: 1523.37mg (66.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.35%), Vitamin B12: 3.68µg (61.32%), Selenium: 35.7µg (50.99%), Phosphorus: 424.48mg (42.45%), Calcium: 377.91mg (37.79%), Vitamin B1: 0.45mg (29.69%), Copper: 0.59mg (29.47%), Zinc: 3.96mg (26.37%), Manganese: 0.51mg (25.42%), Folate: 100.82µg (25.2%), Vitamin B2: 0.42mg (24.79%), Iron: 3.92mg (21.78%), Vitamin B3: 4.32mg (21.62%), Fiber: 3.75g (15%), Magnesium: 59.67mg (14.92%), Potassium: 385.5mg (11.01%), Vitamin B6: 0.19mg (9.55%), Vitamin C: 7.82mg (9.48%), Vitamin K: 9.06µg (8.63%), Vitamin A: 395.45IU (7.91%), Vitamin B5: 0.48mg (4.81%), Vitamin E: 0.61mg (4.06%), Vitamin D: 0.17µg (1.13%)