



Seafood Enchiladas con Queso

READY IN



110 min.

SERVINGS



12

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 anaheim chili minced seeded
- ☐ 0.5 pound bay scallops
- ☐ 0.3 cup butter
- ☐ 12 9-inch flour tortillas
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup bell pepper green minced
- ☐ 0.5 cup green onion chopped
- ☐ 1 pinch ground pepper white
- ☐ 1.5 cups half-and-half

- ☐ 2 cups monterrey jack cheese shredded
- ☐ 0.5 teaspoon mexican oregano dried
- ☐ 0.3 cup bell pepper red minced
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled halved lengthwise
- ☐ 1 cup heavy whipping cream sour
- ☐ 1 tomatoes peeled seeded chopped
- ☐ 0.5 cup onion yellow minced

Equipment

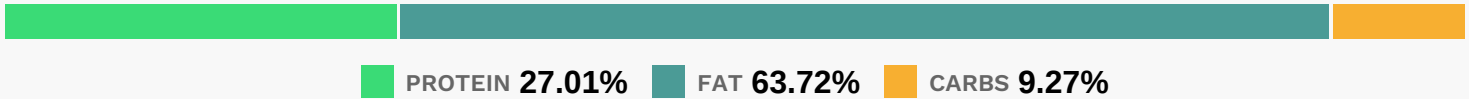
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Melt 1/4 cup butter in a large saucepan over medium heat. Cook and stir red bell pepper, green bell pepper, onion, jalapeno pepper, Anaheim pepper, garlic, and oregano in the melted butter until peppers are tender, about 5 minutes. Season with salt, white pepper, and cayenne pepper.
- ☐ Pour half-and-half into pepper mixture and bring to a boil, scraping any brown bits from the bottom of the pan. Reduce heat to medium-low; simmer until slightly thickened, about 3 minutes.
- ☐ Slowly stir 1 cup Monterey Jack cheese into the cream sauce until melted, about 5 minutes; remove from heat.
- ☐ Stir sour cream into the sauce.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt 1/4 cup butter in a large skillet over medium-high heat. Cook and stir shrimp, scallops, and 1/2 cup green onion in melted butter until shrimp begin to turn pink, about 2 minutes.

- ☐ Stir 1 chopped tomato and half the cream sauce into shrimp mixture.
- ☐ Spoon about 1/3 cup shrimp mixture onto each tortilla.
- ☐ Roll tortilla tightly around the filling to form an enchilada. Arrange enchiladas seam sides down in 9x16-inch baking dish.
- ☐ Pour remaining sauce and any remaining shrimp mixture and over enchiladas.
- ☐ Cover baking pan with aluminum foil.
- ☐ Bake in the preheated oven until bubbly, about 30 minutes.
- ☐ Remove foil and sprinkle enchiladas with 2 cups Monterey Jack cheese.
- ☐ Return baking dish to oven; bake until cheese is melted, about 5 minutes.
- ☐ Scatter 1/2 cup green onion and remaining chopped tomato over enchiladas to serve.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:8.0139130613078%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 239.51kcal (11.98%), Fat: 17.16g (26.4%), Saturated Fat: 10.19g (63.72%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.92g (1.79%), Sugar: 3.06g (3.39%), Cholesterol: 114.22mg (38.07%), Sodium: 408.44mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.73%), Phosphorus: 282.42mg (28.24%), Calcium: 228.57mg (22.86%), Vitamin A: 727.27IU (14.55%), Vitamin C: 10.32mg (12.5%), Vitamin K: 11.92µg (11.36%), Vitamin B2: 0.18mg (10.78%), Selenium: 7.23µg (10.33%), Zinc: 1.5mg (10%), Copper: 0.18mg (9.12%), Vitamin B12: 0.53µg (8.81%), Potassium: 280.66mg (8.02%), Magnesium: 31.41mg (7.85%), Vitamin B6: 0.09mg (4.71%), Folate: 16.98µg (4.24%), Manganese: 0.07mg (3.64%), Iron: 0.64mg (3.55%), Vitamin E: 0.46mg (3.09%), Fiber: 0.7g (2.81%), Vitamin B5: 0.28mg (2.76%), Vitamin B1: 0.04mg (2.4%), Vitamin B3: 0.39mg (1.95%)