



Shrimp Enchiladas

READY IN



140 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup cheddar and monterey cheese blend shredded
- 4 8-inch flour tortillas ()
- 2 cloves garlic minced
- 1 teaspoon ground ginger
- 0.5 teaspoon hot sauce
- 5 tablespoons olive oil
- 2 cups salsa fresh
- 16 large shrimp deveined peeled , without tails

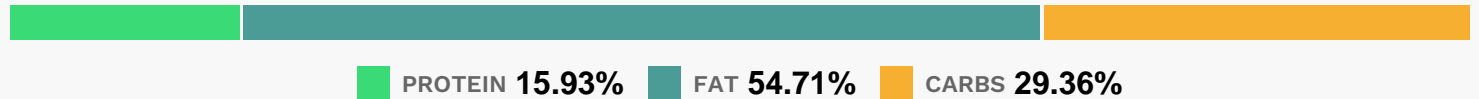
Equipment

- oven
- mixing bowl
- pie form

Directions

- In a mixing bowl, combine 4 tablespoons olive oil, garlic, ginger, hot sauce, and shrimp. Coat shrimp well with mixture, and marinate 2 hours.
- Preheat oven to 350 degrees F (175 degrees C).
- Grease a 9 inch glass pie dish with the remaining 1 tablespoon of olive oil. Fill flour tortillas with marinated shrimp, cheese blend and salsa. Fold tortillas into a roll and place in the greased pie dish.
- Spread a thin layer of salsa on top of the tortillas.
- Bake in a preheated oven for 20 minutes or until shrimp are pink.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:8.24, Inflammation Score:-7, Nutrition Score:16.16130432357%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 472.87kcal (23.64%), Fat: 29.26g (45.02%), Saturated Fat: 8.05g (50.34%), Carbohydrates: 35.34g (11.78%), Net Carbohydrates: 31.1g (11.31%), Sugar: 6.95g (7.73%), Cholesterol: 85.59mg (28.53%), Sodium: 1428.28mg (62.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.17g (38.35%), Phosphorus: 332.49mg (33.25%), Manganese: 0.61mg (30.3%), Calcium: 289.76mg (28.98%), Vitamin E: 4.27mg (28.44%), Selenium: 19.03µg (27.19%), Vitamin B1: 0.31mg (20.77%), Vitamin K: 20.22µg (19.25%), Vitamin B3: 3.78mg (18.91%), Fiber: 4.23g (16.91%), Vitamin A: 837.39IU (16.75%), Vitamin B2: 0.28mg (16.57%), Iron: 2.86mg (15.91%), Copper: 0.31mg

(15.4%), Potassium: 534.57mg (15.27%), Vitamin B6: 0.3mg (14.8%), Folate: 57.73µg (14.43%), Magnesium: 51.91mg (12.98%), Zinc: 1.88mg (12.53%), Vitamin B5: 0.45mg (4.46%), Vitamin C: 3.32mg (4.02%), Vitamin B12: 0.22µg (3.74%)