



Shrimp Enchiladas with Mole

 Gluten Free

READY IN



55 min.

SERVINGS



2

CALORIES



867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 servings chili de arbol powder for garnish
- 1 small piece mexican chocolate ()
- 6 corn tortillas
- 0.5 teaspoon garlic powder
- 0.3 cup mole sauce prepared your favorite (recommended: Dona Maria)
- 6 small jalapeño peppers
- 1 teaspoon kosher salt
- 1 lime quartered

- 2 tablespoons olive oil
- 1 cup mexican queso fresco crumbled
- 1 head romaine lettuce sliced
- 0.5 cup mozzarella cheese shredded
- 18 medium shrimp peeled
- 0.5 teaspoon paprika sweet
- 1 tomatoes thick sliced
- 1 large onion white peeled sliced

Equipment

- baking pan
- grill

Directions

- In an aluminum baking tray on a preheated grill, mix mole and olive oil together.
- Add the chocolate and cook until it melts, stirring frequently to keep the chocolate from scorching. Set aside and keep warm.
- Toss shrimp with salt, garlic powder and paprika and grill until pink, 2 to 3 minutes per side.
- Remove shrimp from grill and chop into pieces. Grill jalapenos and onion slices until nicely marked and slightly softened.
- Grill tortillas, turning, until they are warm and pliable. Dip each tortilla in the mole sauce to cover completely.
- Place some shrimp in each tortilla, roll up loosely, and set seam down in mole.
- Sprinkle the top with mozzarella cheese and grill, covered, until cheese melts.
- Put 2 or 3 enchiladas on a serving plate, and top with sliced lettuce, grilled onions, tomatoes, and queso fresco.
- Sprinkle chili de arbol powder over the top, and serve with lime wedges and grilled jalapenos.

Nutrition Facts



■ PROTEIN 20.61% ■ FAT 43.44% ■ CARBS 35.95%

Properties

Glycemic Index:134.55, Glycemic Load:22.06, Inflammation Score:-10, Nutrition Score:49.766956661059%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 24.73mg, Quercetin: 24.73mg, Quercetin: 24.73mg, Quercetin: 24.73mg

Nutrients (% of daily need)

Calories: 867.39kcal (43.37%), Fat: 43.76g (67.33%), Saturated Fat: 16.98g (106.1%), Carbohydrates: 81.5g (27.17%), Net Carbohydrates: 64.59g (23.49%), Sugar: 27.73g (30.81%), Cholesterol: 209.11mg (69.7%), Sodium: 2330.76mg (101.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.24mg (3.08%), Protein: 46.73g (93.46%), Vitamin A: 29439.25IU (588.79%), Vitamin K: 346.01µg (329.53%), Folate: 474.83µg (118.71%), Vitamin C: 86.38mg (104.71%), Phosphorus: 945.7mg (94.57%), Calcium: 756.63mg (75.66%), Fiber: 16.91g (67.65%), Manganese: 1.09mg (54.6%), Potassium: 1729.37mg (49.41%), Magnesium: 192.49mg (48.12%), Copper: 0.84mg (42.16%), Vitamin B6: 0.83mg (41.3%), Zinc: 5.93mg (39.56%), Selenium: 23.86µg (34.09%), Vitamin E: 5.06mg (33.75%), Iron: 6.02mg (33.45%), Vitamin B2: 0.57mg (33.3%), Vitamin B1: 0.43mg (28.36%), Vitamin B12: 1.66µg (27.72%), Vitamin B3: 3.49mg (17.44%), Vitamin B5: 1.18mg (11.77%), Vitamin D: 1.76µg (11.73%)