



Smoked Trout Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 corn tortillas (6 in.)
- ☐ 4 oz nonfat cream cheese
- ☐ 0.5 cup fat-skimmed chicken broth
- ☐ 19 oz enchilada sauce green canned
- ☐ 0.8 cup green onions chopped (including tops)
- ☐ 0.5 cup jack cheese shredded reduced-fat
- ☐ 0.5 cup juice of lime
- ☐ 1 cup onion red thin

- ☐ 0.8 pound boned smoked

Equipment

- ☐ bowl
- ☐ oven
- ☐ ziploc bags
- ☐ microwave
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ In a bowl, mix red onion slices and lime juice.
- ☐ Break trout into flakes.
- ☐ Cut cream cheese into 1/2-inch chunks.
- ☐ Mix enchilada sauce and chicken broth and pour 1 cup of the mixture into a shallow 3-quart (9- by 13-in.) casserole.
- ☐ Stack tortillas and put in a microwave-safe plastic bag but do not seal.
- ☐ Heat in a microwave oven on full power (100%) just until hot, 1 to 2 minutes.
- ☐ Dip tortillas, 1 at a time, in sauce in casserole and turn over to coat. Stack at 1 end of the casserole. Scatter 1/8 of the trout, cream cheese, and green onions across center of 1 tortilla.
- ☐ Roll to enclose filling and set, seam down, in sauce. Repeat to fill remaining tortillas, pushing unfilled ones to the end of the casserole as you work.
- ☐ Pour remaining enchilada sauce mixture over and around filled tortillas.
- ☐ Bake in a 400 oven until sauce bubbles, 10 to 12 minutes (about 9 minutes in a convection oven).
- ☐ Sprinkle jack cheese over enchiladas and bake until melted, 2 to 3 minutes more.
- ☐ With a slotted spoon, lift the red onion slices from bowl and scatter over the enchiladas.
- ☐ Serve with a wide spatula. Season to taste with lime juice from the bowl.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:11.62, Inflammation Score:-9, Nutrition Score:22.426086884478%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg

Nutrients (% of daily need)

Calories: 462.95kcal (23.15%), Fat: 19.6g (30.15%), Saturated Fat: 9.78g (61.16%), Carbohydrates: 43.77g (14.59%), Net Carbohydrates: 36.92g (13.42%), Sugar: 13.26g (14.74%), Cholesterol: 131.36mg (43.79%), Sodium: 1548.87mg (67.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.73g (59.46%), Selenium: 48.43µg (69.18%), Phosphorus: 555.23mg (55.52%), Vitamin B12: 3.18µg (52.98%), Vitamin K: 40.1µg (38.19%), Vitamin A: 1689.25IU (33.78%), Vitamin B6: 0.61mg (30.44%), Fiber: 6.85g (27.41%), Calcium: 221.77mg (22.18%), Vitamin C: 18.25mg (22.13%), Magnesium: 88.28mg (22.07%), Vitamin B2: 0.37mg (21.56%), Potassium: 671.3mg (19.18%), Vitamin B3: 3.65mg (18.26%), Manganese: 0.28mg (14.03%), Iron: 2.31mg (12.81%), Zinc: 1.91mg (12.74%), Vitamin B5: 1.12mg (11.18%), Vitamin B1: 0.15mg (10.3%), Folate: 35.71µg (8.93%), Copper: 0.17mg (8.34%), Vitamin E: 0.6mg (4.03%)