



Smothered Enchiladas

READY IN



10 min.

SERVINGS



8

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chilis green divided chopped canned
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 8 8-inch flour tortilla ()
- ☐ 2 pounds ground beef
- ☐ 8 servings cilantro leaves fresh sour homemade chopped
- ☐ 8 ounces cheddar cheese shredded
- ☐ 16 ounce cream sour
- ☐ 1.3 ounce taco seasoning

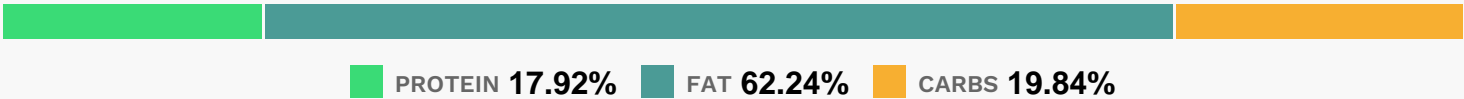
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Brown ground beef in a large skillet, stirring until it crumbles and is no longer pink; drain. Stir in taco seasoning mix and half of chopped green chiles; set aside.
- ☐ Stir together remaining green chiles, soup, and sour cream.
- ☐ Pour half of soup mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Spoon beef mixture evenly down centers of tortillas; roll up.
- ☐ Place, seam sides down, over soup mixture in baking dish; top evenly with remaining soup mixture and cheese.
- ☐ Bake at 350 for 25 minutes or until thoroughly heated.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:10.49, Inflammation Score:-7, Nutrition Score:23.096956444823%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 752.29kcal (37.61%), Fat: 51.83g (79.74%), Saturated Fat: 22.66g (141.61%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 34.31g (12.47%), Sugar: 5.16g (5.74%), Cholesterol: 148.41mg (49.47%), Sodium: 1609.9mg (70%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.57g (67.14%), Selenium: 40µg (57.14%), Phosphorus: 482.58mg (48.26%), Vitamin B12: 2.85µg (47.44%), Zinc: 6.47mg (43.16%), Vitamin B3: 7.51mg (37.57%), Calcium: 369.04mg (36.9%), Vitamin B2: 0.57mg (33.64%), Iron: 5.46mg (30.32%), Vitamin A: 1218.34IU (24.37%), Vitamin B6: 0.46mg (22.92%), Vitamin B1: 0.34mg (22.43%), Folate: 75.43µg (18.86%), Manganese: 0.32mg (16.23%),

Potassium: 518.5mg (14.81%), Copper: 0.24mg (11.98%), Magnesium: 47.53mg (11.88%), Fiber: 2.89g (11.57%), Vitamin B5: 1.12mg (11.21%), Vitamin K: 10.68µg (10.17%), Vitamin C: 8.06mg (9.77%), Vitamin E: 1.31mg (8.71%), Vitamin D: 0.28µg (1.89%)