



Sour Cream Enchiladas

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings canola oil for frying
- 0.3 teaspoon ground pepper
- 12 corn tortillas whole
- 20 Ounce enchilada sauce canned
- 1 cup spring onion
- 0.5 teaspoon ground cumin
- 3 cups sharp cheddar cheese grated
- 2 cups cream sour

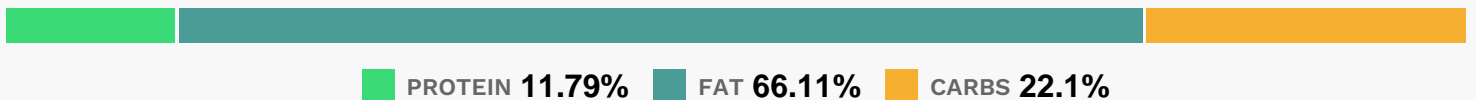
Equipment

- frying pan
- sauce pan
- oven
- baking pan
- tongs

Directions

- Preheat oven to 375 degrees.
- Mix together sour cream, green onions 1 1/2 cups grated cheddar, cumin, and cayenne pepper.
- Heat canola oil in a skillet over medium heat.
- Heat enchilada sauce in a separate skillet or saucepan. Using tongs, fry tortillas one at a time, for only about five to ten seconds per side (don't allow to crisp.)
- Remove from oil, then dunk tortilla in enchilada sauce.
- Lay tortilla on a plate, then spoon a good two or three tablespoons of the sour cream mixture in the middle.
- Roll tortilla, then place face down in a 9 x 13 inch baking pan. Repeat with remaining tortillas and sour cream mixture. (If there's any sour cream mixture left over, use it as a dip for tortilla chips!)Cover the dish with the remaining cheese, then bake for 15 to 20 minutes until bubbly.
- Serve immediately.
- Place a dollop of sour cream on each serving, then sprinkle on sliced green onions.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:10.69, Inflammation Score:-8, Nutrition Score:17.95217386536%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 663.46kcal (33.17%), Fat: 49.65g (76.38%), Saturated Fat: 19.87g (124.17%), Carbohydrates: 37.34g (12.45%), Net Carbohydrates: 31.98g (11.63%), Sugar: 9.96g (11.07%), Cholesterol: 101.73mg (33.91%), Sodium: 1238.95mg (53.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.84%), Calcium: 532.68mg (53.27%), Phosphorus: 487.56mg (48.76%), Vitamin K: 47.06µg (44.82%), Vitamin A: 1878.07IU (37.56%), Selenium: 22.11µg (31.59%), Vitamin B2: 0.43mg (25.08%), Vitamin E: 3.43mg (22.89%), Fiber: 5.36g (21.42%), Zinc: 3.08mg (20.55%), Magnesium: 64.43mg (16.11%), Vitamin B12: 0.76µg (12.67%), Manganese: 0.22mg (10.87%), Vitamin B6: 0.2mg (9.86%), Iron: 1.71mg (9.52%), Potassium: 286.72mg (8.19%), Folate: 29.84µg (7.46%), Vitamin C: 5.79mg (7.02%), Copper: 0.13mg (6.41%), Vitamin B1: 0.09mg (6.07%), Vitamin B5: 0.56mg (5.6%), Vitamin B3: 0.98mg (4.92%), Vitamin D: 0.34µg (2.26%)