



Sour Cream Meatless Enchiladas

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 servings canola oil for frying
- 12 corn tortillas whole
- 2 cups knudsen cream sour
- 20 oz enchilada sauce canned
- 1 cup chopped green onions
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red (cayenne)
- 3 cups milk sharp cheddar cheese shredded 2% kraft

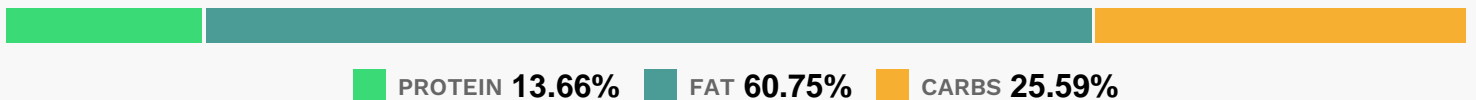
Equipment

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

Directions

- PREHEAT oven to 375F.
- MIX together sour cream, green onions 1 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.
- 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 with sliced green onions.

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:8.02, Inflammation Score:-8, Nutrition Score:12.845217393792%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 429.53kcal (21.48%), Fat: 29.54g (45.44%), Saturated Fat: 14.33g (89.59%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 23.99g (8.72%), Sugar: 7.47g (8.3%), Cholesterol: 76.3mg (25.43%), Sodium: 929.21mg (40.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.88%), Calcium: 399.51mg (39.95%), Phosphorus: 365.67mg (36.57%), Vitamin K: 29.81µg (28.39%), Vitamin A: 1408.55IU (28.17%), Selenium: 16.59µg (23.69%), Vitamin B2: 0.32mg (18.81%), Fiber: 4.02g (16.07%), Zinc: 2.31mg (15.41%), Magnesium: 48.32mg (12.08%), Vitamin B12: 0.57µg (9.5%), Vitamin E: 1.23mg (8.18%), Manganese: 0.16mg (8.16%), Vitamin B6: 0.15mg (7.4%), Iron: 1.29mg (7.14%), Potassium: 215.04mg (6.14%), Folate: 22.38µg (5.59%), Vitamin C: 4.34mg (5.26%), Copper: 0.1mg (4.8%), Vitamin B1: 0.07mg (4.55%), Vitamin B5: 0.42mg (4.2%), Vitamin B3: 0.74mg (3.69%), Vitamin D: 0.25µg (1.69%)