



Spinach and Crab Enchiladas

READY IN



45 min.

SERVINGS



10

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup olives black chopped
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 teaspoon chili powder
- ☐ 10 flour whole-wheat white (7 to 8 in.)
- ☐ 4 cloves garlic minced peeled
- ☐ 12 oz monterrey jack cheese shredded
- ☐ 2 jalapeno fresh minced stemmed rinsed seeded
- ☐ 8 ounces lump crab meat shelled cooked drained
- ☐ 0.5 cup mayonnaise

- ☐ 1 tablespoon olive oil
- ☐ 8 oz onion peeled chopped
- ☐ 0.5 cup flat parsley italian chopped
- ☐ 2 cups enchilada sauce red
- ☐ 10 servings salt and pepper
- ☐ 10 oz spinach frozen dry thawed chopped
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Pour oil into a 10- to 12-inch frying pan over medium-high heat. When hot, add onion, garlic, and jalapeos. Stir frequently until onion is limp, 5 to 8 minutes.
- ☐ In a large bowl, mix crab, spinach, 2 cups cheese, olives, parsley, mayonnaise, Worcestershire, chili powder, cayenne, and onion mixture.
- ☐ Add salt and pepper to taste.
- ☐ Spread about 1 cup salsa level in a 9- by 13-inch baking dish. Spoon about 1/2 cup of the crab mixture along the center of a tortilla.
- ☐ Roll tortilla around filling. Repeat to fill remaining tortillas, arranging filled tortillas in a single layer over the sauce. Top evenly with remaining 1 cup salsa and remaining 1 cup cheese.
- ☐ Bake in a 350 oven until cheese is browned and bubbling, about 30 minutes.
- ☐ Let cool in pan about 5 minutes, then serve from pan with a wide spatula.

Nutrition Facts



 **PROTEIN 20.57%**  **FAT 66.04%**  **CARBS 13.39%**

Properties

Glycemic Index:23, Glycemic Load:0.75, Inflammation Score:-10, Nutrition Score:20.592174198316%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 290.03kcal (14.5%), Fat: 21.55g (33.15%), Saturated Fat: 8.2g (51.25%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 7.18g (2.61%), Sugar: 4.97g (5.52%), Cholesterol: 44.51mg (14.84%), Sodium: 1229.4mg (53.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.1g (30.2%), Vitamin K: 175.66µg (167.3%), Vitamin A: 4331.09IU (86.62%), Vitamin B12: 2.34µg (38.95%), Calcium: 320.16mg (32.02%), Phosphorus: 233.59mg (23.36%), Selenium: 16.18µg (23.12%), Zinc: 2.68mg (17.85%), Folate: 68.37µg (17.09%), Vitamin C: 13.77mg (16.69%), Manganese: 0.32mg (15.77%), Copper: 0.3mg (14.96%), Vitamin B2: 0.23mg (13.38%), Vitamin E: 1.98mg (13.2%), Magnesium: 48.95mg (12.24%), Fiber: 2.65g (10.61%), Iron: 1.7mg (9.43%), Vitamin B6: 0.18mg (8.99%), Potassium: 261.67mg (7.48%), Vitamin B1: 0.07mg (4.51%), Vitamin B3: 0.64mg (3.22%), Vitamin B5: 0.26mg (2.62%), Vitamin D: 0.23µg (1.51%)