



Spinach Enchiladas Verde

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce corn tortillas
- 7 ounce salsa green canned
- 2 cups monterrey jack cheese shredded
- 1 cup cup heavy whipping cream light sour
- 1 bunch pkt spinach fresh rinsed thinly sliced

Equipment

- bowl
- oven

- baking pan
- toothpicks

Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a small bowl, stir together half of the sour cream and the green salsa.
- Spread enough to coat the bottom into a 9x13 inch baking dish. On each tortilla, spread a small amount of the salsa and sour cream in the center.
- Lay a small handful of spinach over that, and sprinkle with Monterey Jack cheese.
- Roll up, secure with a toothpick and place into the baking dish. When all of the tortillas are in the pan, pour the remaining salsa over the top and sprinkle with the remaining cheese.
- Bake for 20 to 25 minutes in the preheated oven, until the enchiladas are browned and heated through.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:9.47, Inflammation Score:-10, Nutrition Score:23.475217357926%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 324.21kcal (16.21%), Fat: 17.56g (27.02%), Saturated Fat: 9.97g (62.34%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 23.95g (8.71%), Sugar: 2.99g (3.33%), Cholesterol: 46.94mg (15.65%), Sodium: 561.65mg (24.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.77%), Vitamin K: 274.83µg (261.75%), Vitamin A: 5936.68IU (118.73%), Calcium: 429.42mg (42.94%), Phosphorus: 370.59mg (37.06%), Manganese: 0.67mg (33.32%), Folate: 123.29µg (30.82%), Magnesium: 92.79mg (23.2%), Vitamin C: 17.53mg (21.24%), Vitamin B2: 0.33mg (19.45%), Fiber: 4.22g (16.89%), Potassium: 583mg (16.66%), Zinc: 2.24mg (14.94%), Selenium: 10.1µg (14.43%), Iron: 2.41mg (13.42%), Vitamin B6: 0.25mg (12.57%), Vitamin E: 1.5mg (9.97%), Copper: 0.16mg (8.23%), Vitamin B12: 0.47µg (7.89%), Vitamin B1: 0.11mg (7.31%), Vitamin B3: 1.18mg (5.9%), Vitamin D: 0.3µg (2.02%), Vitamin B5: 0.17mg (1.67%)