



Supper Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 corn tortillas blue (, if available, 5 to 6 in. wide; see notes)
- ☐ 0.5 cup parmesan shredded packed crumbled
- ☐ 6 ounces cream cheese cut into thin slices or small chunks
- ☐ 6 large eggs
- ☐ 6 tablespoons cilantro leaves fresh chopped
- ☐ 1 cup enchilada sauce green canned (see notes)
- ☐ 0.8 cup spring onion thinly sliced
- ☐ 0.5 cup salsa refrigerated green canned (salsa verde, or)

- ☐ 6 tablespoons crema mexicana sour
- ☐ 6 oz mild cheddar cheese shredded
- ☐ 10 oz enchilada sauce red canned
- ☐ 7 oz roasted peppers red peeled
- ☐ 6 servings salt
- ☐ 20 oz spinach frozen dry thawed chopped

Equipment

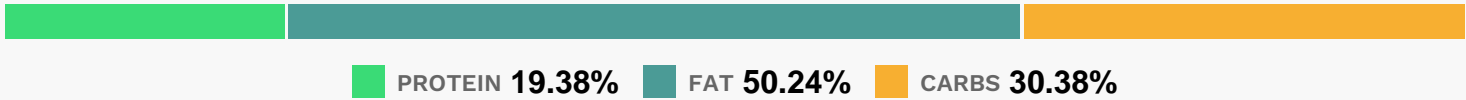
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ ramekin

Directions

- ☐ In a blender, whirl red enchilada sauce and roasted red peppers until smooth.
- ☐ In a bowl, mix green salsa with green enchilada sauce.
- ☐ Set six ramekins (about 2 cups each, 5 to 6 in. wide or long) on large baking sheets.
- ☐ Pour red sauce mixture equally into ramekins and tilt to coat bottoms.
- ☐ Cut tortillas into quarters. Arrange four pieces in each ramekin, overlapping edges to cover bottom and pressing tortillas down into sauce.
- ☐ Scatter spinach, cream cheese, and 1/4 cup parmesan evenly over tortillas.
- ☐ Lay another four pieces of tortilla over filling in each ramekin; overlap edges to fit. Spoon green sauce over tortillas, coating evenly.
- ☐ Bake, uncovered, in a 375 oven until sauce is bubbling, about 25 minutes (25 to 30 if chilled).
- ☐ Remove pan from oven and immediately, with the back of a large spoon, make one or two slight depressions for eggs near center of each ramekin. Break one or two eggs into each ramekin; sprinkle evenly with cheddar cheese. Return to oven and bake 10 to 12 minutes longer for soft yolks (press yolk gently to test), 12 to 15 minutes for firm yolks.

- ☐ Top each ramekin with green onions, cilantro, a spoonful of sour cream, and a sprinkling of remaining parmesan cheese. Set ramekins on plates.
- ☐ Add salt to taste.
- ☐ Do-Ahead Tip: You can assemble the enchiladas (through step
- ☐ up to 4 hours ahead; cover and chill.

Nutrition Facts



Properties

Glycemic Index:32.58, Glycemic Load:10.93, Inflammation Score:-10, Nutrition Score:34.685652276744%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 537.75kcal (26.89%), Fat: 30.83g (47.43%), Saturated Fat: 14.4g (90%), Carbohydrates: 41.94g (13.98%), Net Carbohydrates: 33.32g (12.12%), Sugar: 9.89g (10.99%), Cholesterol: 256.6mg (85.53%), Sodium: 2181.55mg (94.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.76g (53.53%), Vitamin K: 381.13µg (362.98%), Vitamin A: 13158.86IU (263.18%), Calcium: 571.64mg (57.16%), Phosphorus: 544.96mg (54.5%), Selenium: 36.9µg (52.72%), Manganese: 0.96mg (47.8%), Folate: 186.62µg (46.65%), Vitamin B2: 0.72mg (42.32%), Fiber: 8.62g (34.49%), Magnesium: 137.68mg (34.42%), Vitamin C: 25.19mg (30.54%), Vitamin E: 4.23mg (28.19%), Vitamin B6: 0.51mg (25.48%), Iron: 4.52mg (25.1%), Zinc: 3.42mg (22.81%), Potassium: 700.41mg (20.01%), Copper: 0.34mg (16.89%), Vitamin B12: 0.91µg (15.13%), Vitamin B1: 0.2mg (13.25%), Vitamin B5: 1.3mg (12.96%), Vitamin B3: 1.85mg (9.27%), Vitamin D: 1.21µg (8.08%)