



Sweet Potato Enchiladas in Creamy Chipotle Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chipotle peppers in adobo sauce canned divided chopped
- 16 corn tortillas
- 1 pkg philadelphia cream cheese softened (8-oz. pkg.)
- 8 green onions divided chopped
- 6 oz oscar mayer baked ham cooked chopped
- 1 cup milk
- 1 cup sharp cheddar cheese shredded kraft

2 lb sweet potatoes cubed peeled (2)

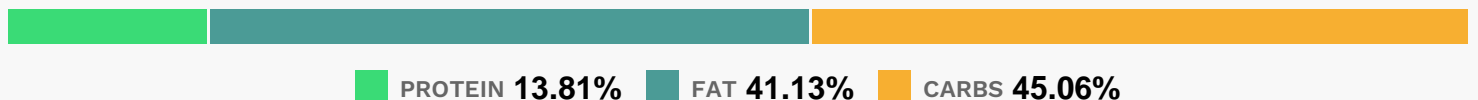
Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Cook potatoes in large saucepan of boiling water 15 min. or until tender; drain.
- Place potatoes in large bowl; mash until smooth. Stir in ham, 1/4 cup onions and 1/2 the peppers; set aside.
- Heat oven to 350F.
- Heat tortillas, 1 at a time, in skillet to soften. Spoon about 1/4 cup potato mixture down center of each tortilla; roll up.
- Place, seam-sides down, in lightly greased 13x9-inch baking dish.
- Cook cream cheese, milk and remaining peppers in medium saucepan on medium-low heat 5 min. or until cream cheese is completely melted and mixture is well blended, stirring frequently.
- Pour over enchiladas.
- Bake 5 min.
- Sprinkle with cheddar; bake 5 min. or until melted. Top with remaining onions.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:30.07, Inflammation Score:-10, Nutrition Score:25.746086804763%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 591.59kcal (29.58%), Fat: 27.5g (42.3%), Saturated Fat: 14.02g (87.64%), Carbohydrates: 67.79g (22.6%), Net Carbohydrates: 57.97g (21.08%), Sugar: 11.07g (12.3%), Cholesterol: 79.33mg (26.44%), Sodium: 710.37mg (30.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.77g (41.54%), Vitamin A: 22371.99IU (447.44%), Phosphorus: 522.99mg (52.3%), Fiber: 9.82g (39.28%), Vitamin K: 37.21µg (35.43%), Calcium: 334.73mg (33.47%), Manganese: 0.65mg (32.67%), Vitamin B6: 0.64mg (32.21%), Selenium: 21.01µg (30.01%), Magnesium: 109.66mg (27.42%), Vitamin B1: 0.4mg (26.61%), Vitamin B2: 0.44mg (25.8%), Potassium: 888.96mg (25.4%), Zinc: 3.13mg (20.85%), Copper: 0.39mg (19.26%), Vitamin B5: 1.87mg (18.71%), Vitamin B3: 3.32mg (16.59%), Iron: 2.45mg (13.61%), Vitamin B12: 0.68µg (11.39%), Folate: 38.53µg (9.63%), Vitamin E: 1.26mg (8.42%), Vitamin C: 6.64mg (8.04%), Vitamin D: 0.76µg (5.06%)