



## Turkey and Zucchini Enchiladas

READY IN



50 min.

SERVINGS



5

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon olive oil
- 1 lb pd of ground turkey
- 2 cups zucchini shredded
- 0.5 cup onion chopped
- 2 cloves garlic finely chopped
- 3 teaspoons ground cumin
- 1 teaspoon oregano dried
- 4 oz cream cheese cut into cubes (half of 8-oz package)
- 8 oz cheddar cheese shredded

- 0.3 cup cilantro leaves fresh coarsely chopped
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- 19 oz enchilada sauce red canned
- 0.5 cup mild cheddar cheese thick
- 1 cup lettuce shredded
- 0.5 cup tomatoes chopped
- 0.5 cup cream sour

## Equipment

- bowl
- frying pan
- oven
- baking pan
- glass baking pan

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 12-inch skillet, heat oil over medium heat.
- Add turkey, zucchini, onion and garlic. Cook about 7 minutes, stirring frequently, until turkey is no longer pink and vegetables are tender. Stir in cumin and oregano.
- Add cream cheese; cook and stir until cheese is melted.
- Add 1 cup of the Cheddar cheese; stir until well combined.
- Spoon turkey mixture evenly down center of each tortilla; roll up.
- Place, seam side down, in baking dish. In medium bowl, mix sauce ingredients.
- Pour over enchiladas.
- Sprinkle with remaining 1 cup Cheddar cheese.
- Bake uncovered 15 to 20 minutes or until thoroughly heated and cheese is melted.
- Garnish enchiladas with lettuce, tomato and sour cream.

## Nutrition Facts

PROTEIN 24.85% FAT 51.8% CARBS 23.35%

## Properties

Glycemic Index:59.8, Glycemic Load:8.83, Inflammation Score:-9, Nutrition Score:28.500869979029%

## Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

## Nutrients (% of daily need)

Calories: 694.87kcal (34.74%), Fat: 40.33g (62.05%), Saturated Fat: 20.05g (125.31%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 36g (13.09%), Sugar: 13.39g (14.88%), Cholesterol: 143.03mg (47.68%), Sodium: 1780.89mg (77.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.53g (87.06%), Selenium: 49.7µg (71.01%), Phosphorus: 641.7mg (64.17%), Vitamin B3: 11.37mg (56.86%), Calcium: 552.41mg (55.24%), Vitamin B6: 1.01mg (50.48%), Vitamin A: 2128.89IU (42.58%), Vitamin B2: 0.63mg (37.24%), Zinc: 4.43mg (29.54%), Iron: 4.47mg (24.86%), Vitamin B1: 0.37mg (24.58%), Manganese: 0.47mg (23.63%), Folate: 89.24µg (22.31%), Fiber: 4.92g (19.69%), Vitamin B12: 1.16µg (19.36%), Potassium: 671.99mg (19.2%), Vitamin C: 15.56mg (18.86%), Magnesium: 75.33mg (18.83%), Vitamin K: 19.11µg (18.2%), Vitamin B5: 1.48mg (14.78%), Vitamin E: 1.48mg (9.85%), Copper: 0.19mg (9.56%), Vitamin D: 0.7µg (4.69%)