



Turkey Enchiladas

READY IN



140 min.

SERVINGS



8

CALORIES



1074 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ancho chili pepper dried seeds removed
- ☐ 2 large carrots roughly chopped
- ☐ 2 stalks celery roughly chopped
- ☐ 2 roast chickens your favorite
- ☐ 1 can pepper flakes with them. be careful not to touch your eyes. dried
- ☐ 2 tablespoons dill seed whole
- ☐ 20 chili peppers dried seeds removed
- ☐ 8 12-inch flour tortilla ()
- ☐ 4 heads cloves separated peeled

- ☐ 8 servings lime cut into wedges
- ☐ 2 large onion roughly chopped
- ☐ 1 oz queso asadero
- ☐ 3 cups queso asadero shredded
- ☐ 3 cups queso fresco grated
- ☐ 8 servings mexican cheese blend good
- ☐ 8 servings pepper black freshly ground fine
- ☐ 8 servings cream sour
- ☐ 56 ounce tomatoes whole peeled seeded drained canned
- ☐ 4 cups turkey cooked (from roast turkey) (from 2 roast chickens)
- ☐ 3 tablespoons butter unsalted softened for greasing the baking dish
- ☐ 4 tablespoons coriander seeds whole
- ☐ 2 tablespoons cumin seeds whole

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil

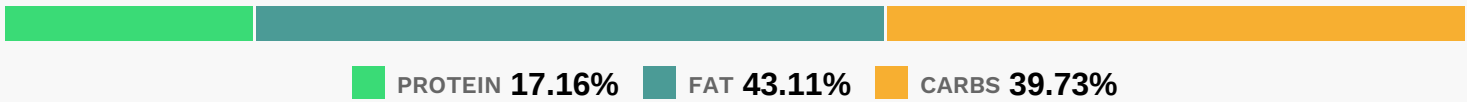
Directions

- ☐ In a large bowl, combine the tomatoes, onions, ancho and arbol chiles, garlic, celery, carrots, coriander, cumin, and dill and stir to combine. Season with salt and pepper then transfer to the roasting pan you will roast the turkey in.
- ☐ Roast the turkey according to your recipe. As the turkey roasts, its juices and fat will drip down and cook the enchilada sauce ingredients. (Keep in mind that if you baste the turkey with the turkey juices, they'll be flavored with your enchilada sauce ingredients. To avoid flavoring your turkey this way, baste with melted butter, turkey or chicken stock, or low-

sodium chicken broth or a combination of these.)

- ☐ When you remove the turkey from the oven to rest, check to see that the vegetables are tender and if necessary return them to the oven to finish cooking.
- ☐ Working in batches, transfer the enchilada mixture to a food processor or blender and process until smooth if necessary, use a few splashes of water to loosen or thin the mixture and create a smooth paste. Season with salt and pepper. DO AHEAD: The enchilada sauce can be prepared ahead and refrigerated, in an airtight container, up to 3 days, or frozen, up to 3 months.
- ☐ Preheat the oven to 350F and butter 2 (9- by 13-inch) baking dishes.
- ☐ Spread about 1 cup of the enchilada sauce in the bottom of each dish.
- ☐ Pick the meat off the leftover turkey carcass and transfer to a large bowl you'll need about 4 cups of meat.
- ☐ Add half the remaining enchilada sauce, along with half the queso fresco and half the queso Chihuahua, and stir to combine.
- ☐ On a work surface, spread about 1 cup of the turkey filling on the bottom half of 1 tortilla and roll it up burrito-style, folding in the sides to seal them closed. Repeat with the remaining tortillas and filling. Arrange the enchiladas tightly in the 2 prepared baking dishes then cover with the remaining sauce, followed by the remaining queso fresco and queso Chihuahua. DO AHEAD: The turkey enchiladas can be assembled up to this point, covered, and refrigerated, up to 24 hours, or frozen up to 3 months.
- ☐ Cover the enchiladas with foil and bake until the cheese has melted and the sauce is thickened and dark, about 1 hour.
- ☐ Serve immediately with sour cream and limes.

Nutrition Facts



Properties

Glycemic Index:36.48, Glycemic Load:21.42, Inflammation Score:-10, Nutrition Score:52.090434323186%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.88mg, Isorhamnetin:

1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 1074.42kcal (53.72%), Fat: 52.75g (81.16%), Saturated Fat: 26.58g (166.14%), Carbohydrates: 109.4g (36.47%), Net Carbohydrates: 89.1g (32.4%), Sugar: 34.78g (38.64%), Cholesterol: 155.87mg (51.96%), Sodium: 2830.16mg (123.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.24g (94.48%), Vitamin A: 15541.57IU (310.83%), Phosphorus: 1409.99mg (141%), Calcium: 899.42mg (89.94%), Manganese: 1.63mg (81.37%), Fiber: 20.3g (81.2%), Vitamin B2: 1.26mg (74.13%), Selenium: 48.04µg (68.63%), Vitamin B3: 13.64mg (68.21%), Vitamin K: 70.61µg (67.24%), Vitamin C: 46.4mg (56.24%), Potassium: 1930.89mg (55.17%), Iron: 9.52mg (52.87%), Vitamin B1: 0.78mg (51.95%), Vitamin B6: 0.95mg (47.69%), Folate: 178.29µg (44.57%), Zinc: 5.39mg (35.94%), Magnesium: 130.72mg (32.68%), Vitamin B12: 1.43µg (23.76%), Copper: 0.46mg (22.98%), Vitamin E: 2.86mg (19.06%), Vitamin B5: 1.47mg (14.66%), Vitamin D: 1.47µg (9.79%)