

## Turkey Enchiladas

READY IN



40 min.

SERVINGS



6

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons canola oil
- 4 ounces monterrey jack cheese shredded divided
- 10 ounces cream of chicken soup undiluted canned
- 6 8-inch flour tortilla warmed (es)
- 4 ounces to 2 chilies slit green chopped canned
- 0.3 cup bell pepper green chopped
- 0.3 teaspoon ground coriander
- 0.1 teaspoon ground cumin
- 1 medium onion chopped

- 8 ounces cream sour
- 2 cups turkey cubed cooked

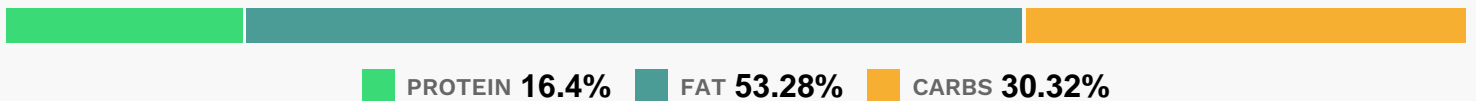
## Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- In a large skillet, saute onion and green pepper in oil until tender; remove from the heat. Stir in the turkey, 1/2 cup of cheese and chilies; set aside. In a large saucepan, combine the sour cream, soup, coriander and cumin. cook and stir over low heat until warm; stir 1/2 cup into the turkey mixture.
- Spoon about 1/3 cup turkey filling down the center of each tortilla; roll up tightly.
- Place seam side down in a greased 13-in. x 9-in. baking dish. Spoon remaining soup mixture down center of tortillas.
- Sprinkle with remaining cheese.
- Bake, uncovered, at 350° for 20–25 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:24.33, Glycemic Load:9.85, Inflammation Score:-6, Nutrition Score:14.323478154514%

## Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

## Nutrients (% of daily need)

Calories: 446.39kcal (22.32%), Fat: 26.45g (40.7%), Saturated Fat: 10.56g (66%), Carbohydrates: 33.88g (11.29%), Net Carbohydrates: 30.98g (11.26%), Sugar: 5.16g (5.73%), Cholesterol: 66.76mg (22.25%), Sodium: 933.29mg (40.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.64%), Selenium: 23.58µg (33.69%), Phosphorus: 300.5mg (30.05%), Calcium: 269.91mg (26.99%), Vitamin B3: 5.09mg (25.43%), Vitamin B2: 0.37mg (21.87%), Vitamin B1: 0.3mg (20.17%), Manganese: 0.33mg (16.55%), Iron: 2.91mg (16.15%), Folate: 61.19µg (15.3%), Vitamin B6: 0.3mg (14.99%), Vitamin C: 10.69mg (12.96%), Fiber: 2.9g (11.6%), Zinc: 1.74mg (11.58%), Vitamin B12: 0.64µg (10.67%), Vitamin A: 516.9IU (10.34%), Vitamin K: 10.66µg (10.16%), Vitamin E: 1.33mg (8.87%), Magnesium: 33.36mg (8.34%), Copper: 0.17mg (8.28%), Potassium: 266.73mg (7.62%), Vitamin B5: 0.64mg (6.41%), Vitamin D: 0.21µg (1.42%)