



 12%
HEALTH SCORE

Turkey Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



531 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounce olives black sliced canned
- 2 cups cheddar cheese shredded
- 24 6-inch corn tortillas ()
- 1 onion chopped
- 19 ounce enchilada sauce red canned
- 4 cups turkey cooked chopped

Equipment

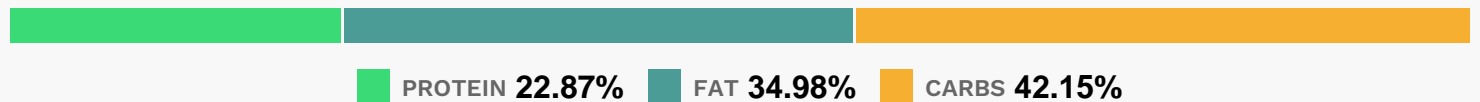
- bowl

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- In a small bowl, combine the cheese, onion, and black olives.
- In a small skillet, heat enough oil to lightly coat one tortilla, and cook until soft.
- Remove and dip in enchilada sauce to coat.
- Add turkey and cheese mixture to center of tortilla, roll and place in the prepared dish. Repeat until bottom layer of pan is covered with enchiladas.
- Spread enough sauce over bottom layer to cover.
- Repeat process with a second layer; spread remaining sauce on top and sprinkle with remaining cheese mixture.
- Bake 20 minutes in the preheated oven, or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:20.74, Inflammation Score:-8, Nutrition Score:19.803478251333%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 530.78kcal (26.54%), Fat: 20.97g (32.27%), Saturated Fat: 8.87g (55.44%), Carbohydrates: 56.86g (18.95%), Net Carbohydrates: 48.15g (17.51%), Sugar: 7.9g (8.77%), Cholesterol: 85.38mg (28.46%), Sodium: 1293.85mg (56.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.84g (61.69%), Phosphorus: 626.04mg (62.6%), Selenium: 31.3µg (44.71%), Calcium: 366.96mg (36.7%), Fiber: 8.7g (34.81%), Vitamin B6: 0.68mg (33.78%), Vitamin B3: 6.68mg (33.4%), Zinc: 3.96mg (26.4%), Magnesium: 104.49mg (26.12%), Vitamin B2: 0.36mg (21.29%),

Vitamin A: 1052.9IU (21.06%), Vitamin B12: 1.21µg (20.13%), Manganese: 0.37mg (18.72%), Iron: 2.53mg (14.07%),
Copper: 0.24mg (12.11%), Potassium: 401.62mg (11.47%), Vitamin B1: 0.15mg (10.06%), Vitamin B5: 0.83mg (8.31%),
Vitamin E: 1mg (6.65%), Folate: 21.52µg (5.38%), Vitamin C: 3.15mg (3.82%), Vitamin D: 0.42µg (2.83%), Vitamin K:
1.11µg (1.06%)