



Turkey Enchiladas

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 6 6-inch flour tortillas ()
- ☐ 0.8 cup bell pepper green chopped
- ☐ 0.8 teaspoon ground coriander
- ☐ 0.5 cup onion chopped
- ☐ 1 Dash pepper black
- ☐ 0.3 cup bottled salsa
- ☐ 4 ounces cheddar cheese shredded

- ☐ 1 cup cup heavy whipping cream fat-free sour
- ☐ 1.5 pounds turkey cooked chopped

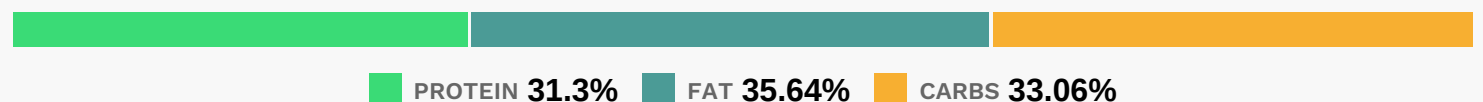
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Place a medium saucepan coated with cooking spray over medium heat until hot; add bell pepper and onion. Saut 3 minutes or until tender. Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, coriander, and black pepper in a medium bowl; gradually add broth, stirring with a whisk until well-blended.
- ☐ Add to saucepan; bring to a boil, and cook 3 minutes or until thick, stirring frequently.
- ☐ Remove from heat; stir in cheese and sour cream.
- ☐ Combine 1 cup cheese mixture, turkey, and salsa in a bowl.
- ☐ Spread 1/2 cup turkey mixture down center of each tortilla; roll up.
- ☐ Place in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Pour remaining cheese mixture over tortillas.
- ☐ Bake at 350 for 20 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:8.01, Inflammation Score:-6, Nutrition Score:17.105652197548%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 348.62kcal (17.43%), Fat: 13.73g (21.12%), Saturated Fat: 5.72g (35.77%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 26.62g (9.68%), Sugar: 3.23g (3.59%), Cholesterol: 82.28mg (27.43%), Sodium: 924.25mg (40.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.27%), Selenium: 33.61µg (48.01%), Vitamin B3: 8.26mg (41.3%), Phosphorus: 353.76mg (35.38%), Vitamin B6: 0.6mg (29.99%), Vitamin B2: 0.47mg (27.7%), Calcium: 248.7mg (24.87%), Vitamin B12: 1.32µg (21.95%), Vitamin C: 16.22mg (19.66%), Vitamin B1: 0.29mg (19.53%), Zinc: 2.66mg (17.75%), Manganese: 0.3mg (14.97%), Folate: 56.38µg (14.1%), Iron: 2.3mg (12.78%), Potassium: 388.45mg (11.1%), Magnesium: 43.46mg (10.87%), Vitamin A: 455.44IU (9.11%), Vitamin B5: 0.87mg (8.69%), Fiber: 2.04g (8.15%), Copper: 0.15mg (7.75%), Vitamin K: 4.54µg (4.33%), Vitamin E: 0.46mg (3.07%), Vitamin D: 0.35µg (2.37%)