



Turkey Enchiladas

READY IN



45 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce condensed undiluted reduced-fat reduced-sodium canned
- ☐ 8 ounce block cream cheese fat-free softened
- ☐ 1 tablespoon milk fat-free
- ☐ 1.5 cups milk fat-free
- ☐ 6 8-inch flour tortillas ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 cup pickled jalapeño peppers chopped
- ☐ 2 teaspoons butter

- ☐ 0.3 cup onion chopped
- ☐ 2 ounces part-skim mozzarella cheese shredded
- ☐ 3 tablespoons pecans divided chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 0.5 pound turkey breast cooked chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Melt margarine in a large nonstick skillet over medium-high heat.
- ☐ Add onion and 2 tablespoons pecans; cook 3 minutes until onion is tender and pecans are toasted.
- ☐ Remove from heat.
- ☐ Combine cream cheese, 1 tablespoon milk, salt, and cumin in a large bowl. Stir in onion mixture, turkey, and cilantro.
- ☐ Spread about 1/3 cup turkey mixture onto tortillas; roll up and place, seam sides down, in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Combine 1 1/2 cups milk, sour cream, jalapeos, and soup in a bowl. Spoon soup mixture over tortillas. Cover with foil; bake at 350 for 35 minutes.
- ☐ Remove foil; sprinkle with mozzarella and 1 tablespoon pecans.
- ☐ Bake an additional 5 minutes or until cheese melts.

Nutrition Facts



 **PROTEIN 25.76%**  **FAT 33.54%**  **CARBS 40.7%**

Properties

Glycemic Index:41.58, Glycemic Load:10.77, Inflammation Score:-6, Nutrition Score:18.655652191328%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 390.25kcal (19.51%), Fat: 14.55g (22.39%), Saturated Fat: 4.29g (26.79%), Carbohydrates: 39.73g (13.24%), Net Carbohydrates: 37.22g (13.54%), Sugar: 8.3g (9.22%), Cholesterol: 38.7mg (12.9%), Sodium: 1300.24mg (56.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.15g (50.3%), Phosphorus: 555.75mg (55.58%), Calcium: 408.81mg (40.88%), Selenium: 26.67µg (38.1%), Vitamin B3: 6.52mg (32.58%), Vitamin B2: 0.48mg (28%), Manganese: 0.54mg (27.08%), Vitamin B1: 0.37mg (24.97%), Vitamin B6: 0.43mg (21.25%), Vitamin B12: 1.1µg (18.39%), Folate: 72.88µg (18.22%), Iron: 2.9mg (16.13%), Zinc: 2.37mg (15.8%), Potassium: 469.54mg (13.42%), Magnesium: 50.57mg (12.64%), Copper: 0.22mg (11.23%), Vitamin B5: 1.1mg (10.95%), Fiber: 2.51g (10.04%), Vitamin A: 493.44IU (9.87%), Vitamin K: 8.95µg (8.52%), Vitamin C: 5.24mg (6.35%), Vitamin D: 0.77µg (5.12%), Vitamin E: 0.59mg (3.96%)