



Turkey Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz four cheese shredded mexican style divided kraft finely
- 12 6-inch corn tortillas warmed ()
- 2.5 cups enchilada sauce divided
- 0.3 cup cilantro leaves fresh finely chopped
- 4 green onions divided chopped
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 large tomatoes seeded chopped
- 2 cups turkey shredded cooked

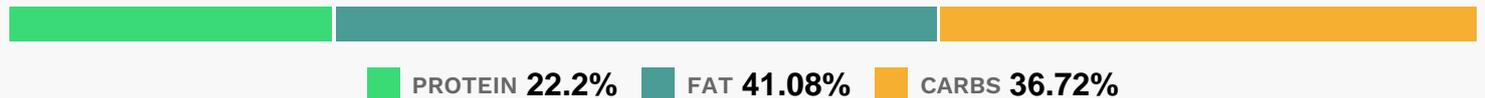
Equipment

- oven
- baking pan

Directions

- Heat oven to 350F.
- Spread 1/2 cup enchilada sauce onto bottom of 13x9-inch baking dish sprayed with cooking spray.
- Combine 1/2 cup of the remaining enchilada sauce with turkey, 1/2 cup cheese and 1/4 cup onions.
- Spoon 1/4 cup turkey mixture down center of each tortilla; roll up.
- Place, seam-sides down, in prepared dish; top with remaining enchilada sauce and cheese. Cover.
- Bake 30 min. or until cheese is melted, uncovering for the last 5 min. Meanwhile, combine tomatoes, remaining onions, cilantro and dressing.
- Top enchiladas with tomato mixture before serving.

Nutrition Facts



Properties

Glycemic Index:3.99, Glycemic Load:1.43, Inflammation Score:-2, Nutrition Score:2.0226087142592%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 49.9kcal (2.49%), Fat: 2.31g (3.55%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 4.64g (1.55%), Net Carbohydrates: 3.9g (1.42%), Sugar: 1.17g (1.3%), Cholesterol: 8.22mg (2.74%), Sodium: 163.53mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Phosphorus: 54.44mg (5.44%), Calcium: 43.05mg (4.31%), Selenium: 2.81µg (4.01%), Vitamin A: 192.6IU (3.85%), Vitamin K: 3.29µg (3.13%), Fiber: 0.74g (2.97%), Vitamin B6:

0.05mg (2.48%), Zinc: 0.37mg (2.44%), Vitamin B3: 0.48mg (2.38%), Vitamin B2: 0.04mg (2.16%), Magnesium: 8.17mg (2.04%), Vitamin B12: 0.11µg (1.79%), Manganese: 0.03mg (1.53%), Iron: 0.24mg (1.34%), Vitamin C: 1.05mg (1.27%), Potassium: 40.21mg (1.15%)