



Turkey Enchiladas with Fire-Roasted Tomatillos

READY IN



60 min.

SERVINGS



6

CALORIES



801 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 8-inch flour tortillas
- ☐ 0.5 bunch cilantro leaves fresh
- ☐ 6 servings cilantro leaves fresh chopped for garnish
- ☐ 2 cloves garlic minced
- ☐ 3 cloves garlic
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 cup jack cheese shredded

- ☐ 2 jalapeños stemmed seeded
- ☐ 2 juice of lime
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 pound pd of ground turkey lean
- ☐ 0.5 cup chicken stock see low-sodium
- ☐ 3 tablespoons olive oil
- ☐ 6 servings olive oil
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup queso fresco crumbled
- ☐ 2 cups cup heavy whipping cream sour for serving
- ☐ 1 small onion sweet chopped
- ☐ 1.5 pounds tomatillos husked cut in quarters
- ☐ 0.5 small onion diced yellow finely

Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ broiler

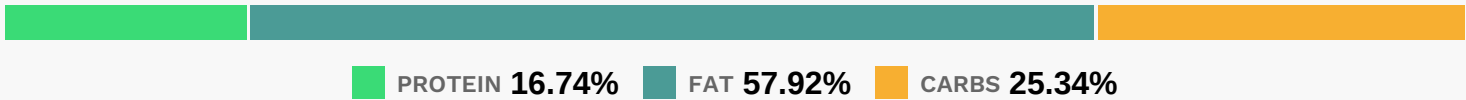
Directions

- ☐ Watch how to make this recipe.
- ☐ For the tomatillos: Preheat the broiler and set the tomatillos, garlic, jalapenos and onions out on a foil-lined tray.
- ☐ Drizzle the ingredients with a little olive oil and sprinkle with salt and pepper.
- ☐ Place the vegetables under the broiler 3 to 4 inches from the top and cook until the tomatillos and onions are well charred, 5 to 6 minutes. Turn the vegetables and broil until charred all

over, 4 to 5 minutes longer.

- ☐ Remove from the oven and transfer to a blender with the chicken stock, cilantro and lime juice. Puree until completely smooth.
- ☐ Place in a large saute pan over medium-low heat and warm through. Season with salt and pepper.
- ☐ For the turkey enchiladas: Set a large saute pan over medium-high heat and coat with the oil.
- ☐ Add the turkey and garlic and brown well, 3 to 4 minutes.
- ☐ Add the cumin, coriander, paprika, oregano and onions and cook until well browned, 10 minutes longer. Season with salt and pepper.
- ☐ Transfer to a platter and let cool.
- ☐ Preheat the oven to 375 degrees F and grease a 9-by-13-inch gratin dish with oil.
- ☐ Spoon some of the tomatillo sauce into the bottom of the pan to lightly coat it. Dip each tortilla into the heated tomatillo sauce (this will both flavor the tortilla and also make it more pliable). Spoon 1/4 cup of the ground turkey filling onto each tortilla. Divide 1/2 cup of the shredded Jack cheese between each tortilla. Fold the tortillas over the filling and place them seam-side down in the gratin dish.
- ☐ Place 6 enchiladas in the pan and top with more tomatillo sauce so they are just barely covered. Top with remaining 1/2 cup of Jack cheese and sprinkle with crumbled queso fresco.
- ☐ Place on a tray (to catch any drips) and bake until the cheese has melted and the sauce is bubbling, 15 to 17 minutes. Finish under the broiler to brown further if desired.
- ☐ Remove from the oven, let cool slightly and garnish with the chopped cilantro.
- ☐ Serve with the sour cream on the side.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:11.08, Inflammation Score:-8, Nutrition Score:29.256956535837%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol:

0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg, Quercetin: 9.93mg

Nutrients (% of daily need)

Calories: 800.7kcal (40.04%), Fat: 52.4g (80.62%), Saturated Fat: 18.12g (113.25%), Carbohydrates: 51.59g (17.2%), Net Carbohydrates: 45.99g (16.73%), Sugar: 13.39g (14.88%), Cholesterol: 110.59mg (36.86%), Sodium: 766.14mg (33.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.09g (68.18%), Vitamin B3: 13.02mg (65.12%), Selenium: 40.74µg (58.21%), Phosphorus: 569.39mg (56.94%), Vitamin B6: 0.95mg (47.4%), Calcium: 411.77mg (41.18%), Vitamin K: 35.08µg (33.41%), Vitamin B1: 0.5mg (33.31%), Vitamin B2: 0.56mg (33.07%), Manganese: 0.66mg (33.03%), Vitamin C: 26.62mg (32.27%), Vitamin E: 4.18mg (27.89%), Iron: 4.68mg (25.99%), Folate: 103.54µg (25.89%), Potassium: 878.96mg (25.11%), Fiber: 5.6g (22.39%), Zinc: 3.2mg (21.36%), Magnesium: 85.29mg (21.32%), Vitamin A: 1048.8IU (20.98%), Vitamin B12: 0.89µg (14.89%), Copper: 0.29mg (14.61%), Vitamin B5: 1.39mg (13.94%), Vitamin D: 0.69µg (4.6%)