



## Turkey Enchiladas with Red Chili Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 large garlic clove
- 6 cups water
- 2 avocado for garnish (preferably California)
- 1 cup onion red finely chopped
- 3 ounces pepper flakes dried red stemmed seeded ( 15) (available at some specialty foods shop, and (wear rubber gloves)
- 0.5 cup vegetable oil
- 3 cups turkey wings cooked
- 0.3 cup cilantro leaves fresh finely chopped for garnish

- 2 cups chili sauce red canned
- 1 large onion halved
- 3 cups sharp cheddar cheese extra-sharp grated
- 12 7-inch corn tortillas

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- sieve
- blender
- baking pan
- tongs

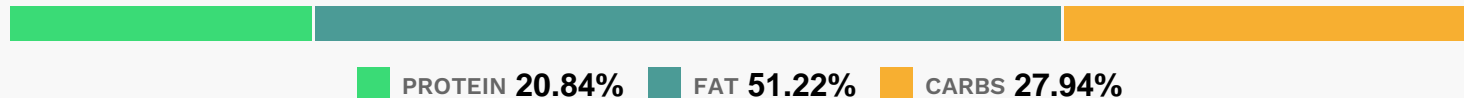
## Directions

- In a small skillet heat the oil over moderately high heat until it is hot but not smoking, in it cook the tortillas, 1 at a time, for 5 seconds, or until they are softened but not crisp, and transfer them with tongs, letting the excess oil drip off, to paper-towel-lined baking sheets to drain. On each tortilla mound 1/4 cup of the turkey, 1 tablespoon of the Cheddar, 1 tablespoon of onion, and 1 teaspoon of the chopped coriander, roll up the tortillas jelly-roll fashion, and arrange the enchiladas, seam sides down, in a shallow 3-quart baking dish.
- Pour the chili sauce over the enchiladas, sprinkle the enchiladas with the remaining 2 1/4 cups Cheddar, and bake them in a preheated 350°F. oven for 15 to 20 minutes, or until the cheese is bubbly.
- Sprinkle the enchiladas with the remaining chopped coriander.
- Serve the enchiladas with the avocado, peeled and diced, and the coriander sprigs.
- In a large saucepan simmer the chilies, the onion, and the garlic in the water for 20 minutes.
- Transfer half the chilies, the onion, and the garlic with tongs to a blender, add 3/4 cup of the cooking liquid, and purée the mixture until it is smooth. Force the purée through a sieve into a bowl, pressing hard on the solids with a spoon. Repeat the procedure with the remaining

chilies and 3/4 cup of the remaining cooking liquid, stir in salt to taste, and discard the remaining cooking liquid. The sauce may be made 2 weeks in advance and kept covered and chilled.

Makes about 3 1/2 cups.

## Nutrition Facts



### Properties

Glycemic Index:69.63, Glycemic Load:22.81, Inflammation Score:-10, Nutrition Score:50.396956516349%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg, Isorhamnetin: 3.88mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.45mg, Quercetin: 16.45mg, Quercetin: 16.45mg, Quercetin: 16.45mg

### Nutrients (% of daily need)

Calories: 1286.65kcal (64.33%), Fat: 74.31g (114.33%), Saturated Fat: 25.62g (160.1%), Carbohydrates: 91.23g (30.41%), Net Carbohydrates: 73.29g (26.65%), Sugar: 24.4g (27.11%), Cholesterol: 208.96mg (69.65%), Sodium: 2556.04mg (111.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.02g (136.03%), Phosphorus: 1148.44mg (114.84%), Selenium: 72.29µg (103.27%), Vitamin B6: 1.69mg (84.57%), Vitamin C: 68.77mg (83.36%), Calcium: 777.27mg (77.73%), Fiber: 17.94g (71.74%), Vitamin B3: 13.69mg (68.44%), Zinc: 8.24mg (54.93%), Potassium: 1859.3mg (53.12%), Vitamin B2: 0.9mg (53.04%), Magnesium: 193.67mg (48.42%), Vitamin K: 47.69µg (45.42%), Vitamin A: 2239.63IU (44.79%), Vitamin E: 6.26mg (41.71%), Copper: 0.81mg (40.26%), Folate: 149.32µg (37.33%), Manganese: 0.66mg (33.1%), Iron: 5.65mg (31.41%), Vitamin B1: 0.45mg (29.99%), Vitamin B5: 2.99mg (29.87%), Vitamin B12: 1.59µg (26.51%), Vitamin D: 0.51µg (3.39%)