



WHATSheATE



Turkey Enchiladas with Sour Cream



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 corn tortillas
- ☐ 16 oz medium-hot salsa (see notes)
- ☐ 1 teaspoon salt
- ☐ 8 oz sharp cheddar cheese shredded
- ☐ 2 cups cup heavy whipping cream sour
- ☐ 3 cups skinned turkey shredded cooked (see notes)
- ☐ 0.3 cup vegetable oil

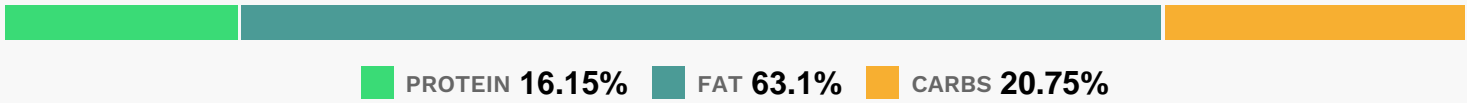
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a bowl, mix turkey, sour cream, 2 cups shredded cheese, and the salt.
- ☐ Heat oil in an 8- to 10-inch frying pan over low heat. Dip the tortillas, one at a time, in the hot oil just until limp, about 5 seconds.
- ☐ Fill tortillas equally with turkey mixture, roll up, and arrange side by side, seam down, in a 9-by 13-inch baking dish.
- ☐ Pour salsa evenly over the top.
- ☐ Bake in a 350 oven until heated through, about 20 minutes. If desired, sprinkle more shredded cheese over hot enchiladas before serving.

Nutrition Facts



Properties

Glycemic Index:12.92, Glycemic Load:10.31, Inflammation Score:-7, Nutrition Score:19.188695482586%

Nutrients (% of daily need)

Calories: 618.44kcal (30.92%), Fat: 44.26g (68.1%), Saturated Fat: 17.83g (111.41%), Carbohydrates: 32.76g (10.92%), Net Carbohydrates: 28.12g (10.23%), Sugar: 6.11g (6.79%), Cholesterol: 118.82mg (39.61%), Sodium: 1233.55mg (53.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.49g (50.97%), Phosphorus: 509.81mg (50.98%), Calcium: 413.67mg (41.37%), Selenium: 27.97µg (39.96%), Vitamin B6: 0.6mg (30.11%), Vitamin B3: 5.51mg (27.55%), Vitamin B2: 0.45mg (26.2%), Vitamin K: 27.5µg (26.19%), Vitamin A: 1248.13IU (24.96%), Zinc: 3.36mg (22.39%), Magnesium: 79.09mg (19.77%), Vitamin B12: 1.17µg (19.47%), Fiber: 4.64g (18.55%), Vitamin E: 2.68mg (17.85%), Potassium: 528.11mg (15.09%), Manganese: 0.27mg (13.71%), Vitamin B5: 1.03mg (10.26%), Copper: 0.19mg (9.7%), Vitamin B1: 0.13mg (8.37%), Iron: 1.5mg (8.36%), Folate: 21.64µg (5.41%), Vitamin C: 2.13mg (2.58%), Vitamin D: 0.38µg (2.51%)