



Turkey-Green Chile Enchiladas

READY IN



65 min.

SERVINGS



8

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup onion finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup chicken broth (from 32-oz carton)
- ☐ 2 tablespoons semi chocolate chips
- ☐ 1 tablespoon ancho chili pepper
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon salt
- ☐ 28 oz canned tomatoes fire roasted organic crushed undrained canned

- ☐ 2 cups turkey shredded cooked
- ☐ 1 cup cream sour
- ☐ 6 oz cheddar cheese shredded
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 4 oz pepper jack cheese shredded

Equipment

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

Directions

- ☐ Heat oven to 350°F. Lightly spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ In 12-inch skillet, heat oil over medium-high heat.
- ☐ Add onion and garlic; cook about 1 minute, stirring frequently, until onion is tender. Stir in remaining sauce ingredients.
- ☐ Heat to boiling. Reduce heat to low; cook uncovered 15 minutes, stirring occasionally.
- ☐ In medium bowl, mix all enchilada ingredients except tortillas and pepper Jack cheese.
- ☐ Spread about 1/2 cup turkey mixture over each tortilla; top with 2 tablespoons sauce.
- ☐ Roll up tortillas; arrange seam sides down in baking dish.
- ☐ Pour remaining sauce over tortillas. Top with pepper Jack cheese.
- ☐ Spray sheet of foil with cooking spray; place sprayed side down over baking dish.
- ☐ Bake 30 to 45 minutes or until thoroughly heated.

Nutrition Facts



 PROTEIN **17.45%**  FAT **53.86%**  CARBS **28.69%**

Properties

Glycemic Index:18.75, Glycemic Load:6.74, Inflammation Score:-8, Nutrition Score:15.614347649657%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 446.24kcal (22.31%), Fat: 26.74g (41.14%), Saturated Fat: 12.58g (78.59%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 28.46g (10.35%), Sugar: 8g (8.89%), Cholesterol: 69.54mg (23.18%), Sodium: 1014.55mg (44.11%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Caffeine: 3.22mg (1.08%), Protein: 19.49g (38.99%), Calcium: 392.33mg (39.23%), Selenium: 23.88µg (34.12%), Phosphorus: 331.56mg (33.16%), Vitamin A: 1425.53IU (28.51%), Vitamin B2: 0.41mg (23.88%), Vitamin B3: 4.05mg (20.27%), Iron: 3.1mg (17.23%), Manganese: 0.33mg (16.39%), Vitamin B1: 0.24mg (16.31%), Folate: 59.57µg (14.89%), Zinc: 2.16mg (14.37%), Fiber: 3.58g (14.33%), Vitamin B6: 0.28mg (13.86%), Vitamin K: 12.73µg (12.13%), Vitamin B12: 0.72µg (11.99%), Vitamin C: 9.21mg (11.16%), Magnesium: 39.42mg (9.86%), Potassium: 282.02mg (8.06%), Copper: 0.14mg (7.21%), Vitamin B5: 0.55mg (5.52%), Vitamin E: 0.71mg (4.74%), Vitamin D: 0.29µg (1.91%)