



Veggie Cheese Enchiladas

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 6-inch corn tortillas ()
- 12 servings cream and avocado sour for serving
- 6 ounces monterrey jack cheese shredded
- 12 ounces mushrooms quartered
- 1.5 cups onion red finely chopped
- 12 servings salt
- 3 cups tomatillo salsa store-bought
- 2 teaspoons vegetable oil

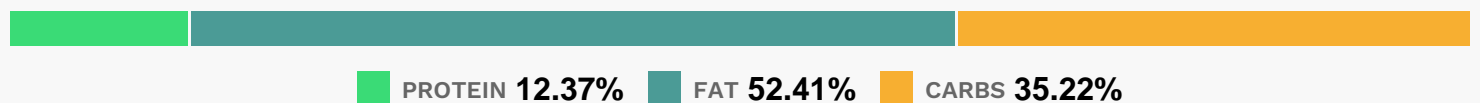
Equipment

- frying pan
- paper towels
- oven
- baking pan
- ziploc bags
- microwave

Directions

- Heat the oil in a large pan over medium heat. When it shimmers, add the onion and season well with salt. Cook until softened, about 3 minutes.
- Add the mushrooms and cook, stirring rarely until browned, about 10 minutes.
- Remove from the heat, add 1/2 cup of the salsa and mix until well combined.
- Heat the oven to 375 degrees F and arrange a rack in the middle. Wrap the tortillas in damp paper towels or in a microwave-safe plastic bag and microwave until soft and heated through, about 45 seconds.
- Spread half of the remaining salsa in the bottom of a 13 by 9-inch baking dish. To make an enchilada, put 2 tablespoons of the mushroom mixture and 1 tablespoon cheese in the middle of a tortilla.
- Roll up and arrange, seam side down, in the prepared dish. Repeat to make 12 enchiladas.
- Cover the enchiladas with the remaining salsa and sprinkle with remaining cheese.
- Bake until the filling is heated through, cheese is melted and starts to brown, about 35 to 40 minutes.
- Transfer to a serving platter and serve with sour cream and avocado.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:5.67, Inflammation Score:-6, Nutrition Score:6.8895652501479%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 207.97kcal (10.4%), Fat: 12.2g (18.77%), Saturated Fat: 6.41g (40.08%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 16.18g (5.88%), Sugar: 5.68g (6.31%), Cholesterol: 29.57mg (9.86%), Sodium: 703.04mg (30.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.95%), Phosphorus: 183.46mg (18.35%), Calcium: 142.27mg (14.23%), Vitamin A: 683.55IU (13.67%), Vitamin B2: 0.22mg (12.93%), Selenium: 6.83µg (9.75%), Fiber: 2.26g (9.05%), Potassium: 308.18mg (8.81%), Vitamin B3: 1.46mg (7.3%), Copper: 0.14mg (7.22%), Magnesium: 28.15mg (7.04%), Zinc: 0.98mg (6.56%), Vitamin B6: 0.13mg (6.34%), Manganese: 0.13mg (6.3%), Vitamin B5: 0.55mg (5.45%), Vitamin C: 4.31mg (5.23%), Vitamin B1: 0.06mg (4.12%), Iron: 0.62mg (3.46%), Folate: 13.07µg (3.27%), Vitamin B12: 0.15µg (2.55%), Vitamin D: 0.38µg (2.54%), Vitamin K: 2.29µg (2.18%), Vitamin E: 0.32mg (2.11%)