



 **100%**
HEALTH SCORE

Zucchini and Red Pepper Enchiladas with Two Salsas

 Vegetarian  Gluten Free  Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



2335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cilantro leaves chopped
- 4 servings cilantro leaves
- 144 servings corn tortillas soft (6-to)
- 2 garlic clove minced
- 1 teaspoon ground cumin
- 2 tablespoons juice of lime fresh
- 1.3 cups pumpkin seeds raw green hulled () (pepitas)

- 2 bell pepper red quartered
- 6 ounces pecorino crumbled
- 2 teaspoons serrano chiles fresh finely chopped
- 2 medium tomatoes chopped
- 0.5 cup vegetable oil
- 1.5 cups water
- 0.3 cup onion white finely chopped
- 0.8 pound zucchini cut lengthwise into 1/4-inch-thick slices

Equipment

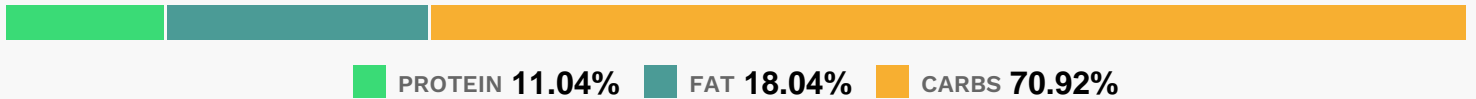
- bowl
- frying pan
- oven
- blender
- grill
- aluminum foil
- slotted spoon
- grill pan

Directions

- Prepare a gas grill for direct-heat cooking over medium heat; see Grilling Procedure.
- Preheat oven to 350°F .
- Secure each onion round with a wooden pick for grilling. Oil grill rack, then grill vegetables, covered, turning occasionally, until tender (6 to 8 minutes for bell peppers and zucchini; 10 to 12 minutes for onion), transferring to a bowl.
- Wrap tortillas in stacks of 6 in foil and heat in oven, about 15 minutes.
- Cook chile, garlic, cumin, and pumpkin seeds in oil in a 10-inch heavy skillet over medium-high heat, stirring, until seeds pop, 4 to 5 minutes.
- Transfer 3 tablespoons seeds with a slotted spoon to a bowl and reserve. Purée remaining seeds and oil with cilantro, water, and 1/2 teaspoon salt in a blender until smooth.

- Stir together tomatoes, onion, chile, lime juice, and 1/4 teaspoon salt.
- Cut vegetables into strips.
- Spread 2 teaspoons pumpkin-seed salsa on each warm tortilla and top with some of grilled vegetables, then roll up.
- Heat oil (1/2 cup) in a 12-inch heavy skillet over medium-high heat until it shimmers. Fry enchiladas, seam side down first, in 2 batches, turning once, until lightly browned and heated through, about 2 minutes per batch.
- Transfer enchiladas to plates, then drizzle with remaining pumpkin-seed salsa and sprinkle with reserved seeds and cheese.
- Serve with tomato salsa.
- Vegetables can be cooked in an oiled hot grill pan.

Nutrition Facts



Properties

Glycemic Index:74.63, Glycemic Load:183.51, Inflammation Score:-10, Nutrition Score:66.912608128527%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 2335.07kcal (116.75%), Fat: 48.86g (75.18%), Saturated Fat: 10.59g (66.16%), Carbohydrates: 432.31g (144.1%), Net Carbohydrates: 368.67g (134.06%), Sugar: 15.58g (17.31%), Cholesterol: 21.69mg (7.23%), Sodium: 480.58mg (20.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.26g (134.53%), Phosphorus: 3344.84mg (334.48%), Fiber: 63.63g (254.54%), Manganese: 4.4mg (220.14%), Magnesium: 841.12mg (210.28%), Vitamin C: 106.35mg (128.91%), Vitamin B6: 2.51mg (125.62%), Zinc: 15.06mg (100.42%), Selenium: 65.87µg (94.1%), Copper: 1.88mg (93.84%), Calcium: 898.84mg (89.88%), Vitamin B3: 16.64mg (83.2%), Iron: 14.83mg (82.39%), Potassium: 2535.05mg (72.43%), Vitamin B1: 1.06mg (70.36%), Vitamin A: 3323.1IU (66.46%), Vitamin B2: 0.89mg (52.19%), Vitamin K: 48.84µg (46.52%), Vitamin E: 5.2mg (34.66%), Folate: 129.28µg (32.32%), Vitamin B5: 1.77mg (17.66%), Vitamin B12: 0.14µg (2.41%)