

Enchiladas

Assembly and Nutrition Facts

Enchilada Assembly

1. Fill tortillas with 2 Tbsp filling and roll.
2. With seam down, place rolled tortillas in a baking dish.
3. Cover each tortilla with about 1 Tbsp sauce.
4. Cut one slice of low protein American cheese into small pieces and sprinkle on top.
5. Bake at 375 degrees until heated through, 5-10m minutes.
6. Top with sliced green onions.

Enchilada Nutrition Facts

Tortillas

	Per Recipe	Per tortilla
Calories:	253	63
Protein:	0.18 grams	0.05 grams
Phe:	5 mg	1 mg (0 exch)
Leu:	6 mg	1 mg (0 exch)
Met:	2 mg	trace
Ile:	4 mg	1 mg

Enchilada Filling

	Per Recipe	Per 2 Tbsp
Calories:	79	16
Protein:	1.23 grams	0.25 grams
Phe:	34 mg	7 mg (1/2 exch)
Leu:	52 mg	13 mg(1/2exch)
Met:	13 mg	3 mg
Ile:	42 mg	11 mg

Enchilada Sauce

	Per Recipe	Per 1 Tbsp
Calories:	237	15
Protein:	0.25 grams	0.16 grams
Phe:	10 mg	trace
Leu:	19 mg	1 mg
Met:	5 mg	trace
Ile:	11 mg	trace

Assembled Enchiladas

does not include cheese or onion garnish

	Per Recipe	Per enchilada
Calories:	391	98
Protein:	1.5 grams	0.38 grams
Phe:	42 mg	11 mg (1 exch)
Leu:	63 mg	16 mg(1/2exch)
Met:	16 mg	4 mg
Ile:	49 mg	12 mg

Enchiladas

Ingredients and Directions

Tortilla Ingredients

1/2 cup (60 grams) Loprofin all purpose baking mix
1/2 cup (4 ounces) cool water
1 tsp vegetable oil
1 tsp chili powder
1/4 tsp salt

Tortilla Directions

1. Blend baking mix and water with wire whip.
2. Add other ingredients and let stand for at least 10 minutes.
3. Heat frying pan over medium heat and spoon mixture onto dry, ungreased pan.
4. Immediately after spooning batter onto pan, use the back of the spoon to quickly spread into a large, thin, circle.
5. Cook until top side is dry, about 1 minute, and then flip over and cook another minute.

Yield: 4 tortillas

Enchilada Filling Ingredients

1/2 cup (60 grams) diced onions
1/2 cup (60 grams) diced bell pepper
1 tsp vegetable oil

Enchilada Filling Directions

Heat oil and fry onions and peppers until onions are translucent, about 3 minutes.

Yield: ~10 Tbsp

Enchilada Sauce Ingredients

1 1/2 Tbsp (20 grams) butter
3 Tbsp (24 grams) Loprofin all purpose baking mix
1 cup water
2 tsp chili powder
1/2 packet G. Washington brown or golden broth powder

Enchilada Sauce Directions

1. Heat butter over medium heat in saucepan; add baking mix, heating and stirring until mixture starts to turn brown.
2. Add remaining ingredients and bring to a boil. Reduce heat & simmer 5 minutes.
3. If too thick, add water. If too thin, add baking mix.

Yield: 1 cup (will only use total of 1/4 cup for enchilada recipe)