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## Pork Enchiladas ♦♦

Pork enchiladas are a traditional Mexican dish made with tortillas filled with seasoned pork, cheese, and sauce. They are typically baked until the cheese is melted and bubbly. This recipe is perfect for a hearty and flavorful dinner.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 40 mins

**Total Time:** 60 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	pork
8 pieces	tortillas
200 g	Cheese
2 c	enchilada sauce
100 g	onion

<b>2 cloves</b>	garlic
<b>2 tsp</b>	Cumin
<b>1 tsp</b>	Chili powder
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Pepper
<b>20 g</b>	Cilantro
<b>1 pieces</b>	Lime

## Directions

### Step 1

#### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Stove

In a skillet, cook the pork until browned. Add the onion and garlic and cook until softened.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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### Step 3

Stove

Add the cumin, chili powder, salt, and pepper to the skillet. Stir to coat the pork and onions.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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### Step 4

Pour 1 cup of enchilada sauce into the bottom of a baking dish.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 5

Place a tortilla on a flat surface and spoon some of the pork mixture onto the center. Roll up the tortilla and place it seam-side down in the baking dish. Repeat with the remaining tortillas and pork mixture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 6

Pour the remaining enchilada sauce over the rolled tortillas. Sprinkle the cheese on top.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 7

Oven

Bake in the preheated oven for 20-25 minutes, or until the cheese is melted and bubbly.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

## Step 8

Garnish with chopped cilantro and serve with lime wedges.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 25 g

Carbohydrates: 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	3 mg	27.27%	37.5%
Selenium	30 mcg	54.55%	54.55%

# Recipe Attributes

## Cuisines

Mexican

Middle Eastern

## Course

Salads

Snacks

Breads

## Events

Picnic

## Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Kitchen Tools

Blender

Mixer

Oven

Stove

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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