



20-Minute Chicken Enchiladas

READY IN



45 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce black beans unsalted rinsed drained canned
- ☐ 15 ounces chicken breast shredded boneless skinless
- ☐ 1 cup chicken stock see unsalted (such as Swanson)
- ☐ 1.5 tablespoons chili powder
- ☐ 12 6-inch corn tortillas ()
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.8 teaspoon garlic powder

- ☐ 2 teaspoons ground cumin
- ☐ 1 cup onion
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cheddar cheese
- ☐ 6 tablespoons cream sour
- ☐ 1 cup tomatoes chopped
- ☐ 15 ounce tomato sauce unsalted canned

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat broiler to high.
- ☐ Combine first 9 ingredients in a medium saucepan; stir with a whisk. Bring to a boil over high heat; cook 2 minutes or until thickened. Reserve 1 1/2 cups sauce mixture.
- ☐ Add chicken and beans to pan; cook 2 minutes or until chicken is thoroughly heated.
- ☐ Stack tortillas; wrap stack in damp paper towels and microwave at HIGH for 25 seconds. Spoon about 1/3 cup chicken mixture in center of each tortilla; roll up. Arrange tortillas, seam sides down, in bottom of a 13 x 9-inch glass or ceramic baking dish coated with cooking spray. Top with reserved sauce and cheese. Broil 3 minutes or until cheese is lightly browned and sauce is bubbly. Top with tomato and cilantro.
- ☐ Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:12.79, Inflammation Score:-9, Nutrition Score:24.017826285051%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 393.63kcal (19.68%), Fat: 11.09g (17.06%), Saturated Fat: 4.52g (28.28%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 36.09g (13.12%), Sugar: 6.17g (6.85%), Cholesterol: 66.94mg (22.31%), Sodium: 996.02mg (43.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.85g (57.71%), Vitamin B3: 10.52mg (52.59%), Phosphorus: 515.78mg (51.58%), Selenium: 31.75µg (45.36%), Vitamin B6: 0.9mg (44.95%), Fiber: 10.89g (43.56%), Potassium: 1017.9mg (29.08%), Manganese: 0.56mg (28.13%), Vitamin A: 1403.51IU (28.07%), Magnesium: 109.41mg (27.35%), Iron: 4.14mg (22.98%), Vitamin B2: 0.38mg (22.16%), Calcium: 208.94mg (20.89%), Copper: 0.4mg (20.1%), Vitamin B1: 0.27mg (18.2%), Folate: 71.93µg (17.98%), Vitamin C: 13.54mg (16.41%), Vitamin E: 2.4mg (16.01%), Zinc: 2.38mg (15.89%), Vitamin B5: 1.58mg (15.77%), Vitamin K: 9.2µg (8.76%), Vitamin B12: 0.34µg (5.65%)