



Acapulco Enchiladas

 Gluten Free

READY IN



50 min.

SERVINGS



50

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups roasted chicken diced cooked
- ☐ 12 7-inch corn tortillas ()
- ☐ 3 cups enchilada sauce
- ☐ 2 tablespoons spring onion minced
- ☐ 0.5 cup olives ripe chopped
- ☐ 1.5 cups sharp cheddar cheese shredded
- ☐ 1 cup almonds coarsely chopped
- ☐ 1 cup cream sour

☐ 50 servings vegetable oil for frying

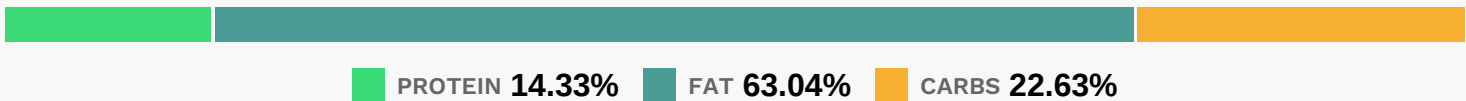
Equipment

- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ baking pan
- ☐ cake form
- ☐ tongs

Directions

- ☐ Combine chicken, olives, almonds, and enough of the enchilada sauce to moisten (about 1/3 cup).
- ☐ Use tongs to dip the tortillas into medium-hot oil. Fry tortillas just a few seconds, until they bubble and are limp--do not fry crisp.
- ☐ Dip fried tortilla into heated enchilada sauce as soon as it comes out of the hot fat. A cake pan just larger than the tortilla is an ideal utensil.
- ☐ Lay sauce-dipped tortilla out on a board or pan. (This part of enchilada making is admittedly slightly messy, but well worth the trouble.) Generously spoon the chicken filling in the center of the tortilla.
- ☐ Turn tortilla over the filling, roll, and place (with the flap pointing down) in baking pan. Fry, dip, fill, and roll remaining tortillas. Ladle additional enchilada sauce over enchiladas and top with cheddar.
- ☐ Place enchiladas in a moderate oven (350°F)
- ☐ for 15 to 20 minutes--or until thoroughly heated.
- ☐ Mix cold sour cream with onions and serve as a sauce.

Nutrition Facts



Properties

Glycemic Index:2.39, Glycemic Load:1.58, Inflammation Score:-2, Nutrition Score:2.989130422473%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 98.66kcal (4.93%), Fat: 7.08g (10.89%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 4.56g (1.66%), Sugar: 1.34g (1.48%), Cholesterol: 10.3mg (3.43%), Sodium: 177.34mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin E: 1.08mg (7.19%), Phosphorus: 68.54mg (6.85%), Vitamin K: 5.82µg (5.54%), Manganese: 0.09mg (4.67%), Fiber: 1.15g (4.61%), Selenium: 3.12µg (4.46%), Calcium: 44.27mg (4.43%), Vitamin B2: 0.07mg (4.06%), Magnesium: 16.17mg (4.04%), Vitamin A: 168.86IU (3.38%), Vitamin B3: 0.67mg (3.37%), Zinc: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.45%), Copper: 0.05mg (2.43%), Iron: 0.38mg (2.09%), Potassium: 58.11mg (1.66%), Vitamin B1: 0.02mg (1.27%), Vitamin B5: 0.11mg (1.06%), Vitamin B12: 0.06µg (1.03%)