



## Blue Corn Crepe Chicken Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.7 cup cream sour
- ☐ 1 cup salsa
- ☐ 10.8 oz cream of chicken soup canned
- ☐ 1 teaspoon salt
- ☐ 1 lb chicken shredded cubed cooked
- ☐ 1 cup pico de gallo fresh
- ☐ 8 oz cheddar cheese shredded
- ☐ 0.3 cup cornmeal blue

- ☐ 0.8 cup milk
- ☐ 2 eggs
- ☐ 0.7 cup frangelico

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

## Directions

- ☐ Heat oven to 350°F. Spray 13x9-inch (3-quart) baking dish with cooking spray. Set aside.
- ☐ In 4-quart saucepan, mix sour cream, salsa, soup and salt. Cook over medium heat, stirring occasionally, as you prepare the blue corn crepes.
- ☐ Beat Crepe ingredients with whisk until very well combined.
- ☐ Spray crepe pan or large flat skillet with cooking spray before making each crepe.
- ☐ Pour about 1/4 cup crepe batter onto hot skillet; spread batter as thin as possible into a circle. Turn after 1 to 2 minutes, or after browned. Cook 30 seconds longer.
- ☐ Remove crepe from heat, and place layers of waxed paper between prepared crepes until all 6 have been made.
- ☐ One at a time, fill prepared crepes with salsa mixture and cooked chicken, then top with a spoonful of pico de gallo.
- ☐ Roll the crepe, and place in baking dish. Repeat with remaining crepes. Top with remaining salsa mixture and shredded cheese.
- ☐ Bake 20 to 25 minutes or until cheese is bubbly and melted.
- ☐ Serve warm with additional pico de gallo, if desired.

## Nutrition Facts



 PROTEIN **29.38%**  FAT **51.86%**  CARBS **18.76%**

Properties

Glycemic Index:37.38, Glycemic Load:8.92, Inflammation Score:-8, Nutrition Score:25.156956361688%

Nutrients (% of daily need)

Calories: 691.82kcal (34.59%), Fat: 39.97g (61.49%), Saturated Fat: 18.55g (115.92%), Carbohydrates: 32.53g (10.84%), Net Carbohydrates: 30.11g (10.95%), Sugar: 12.69g (14.1%), Cholesterol: 254.95mg (84.98%), Sodium: 2431.52mg (105.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.95g (101.89%), Selenium: 48.27µg (68.96%), Phosphorus: 659.2mg (65.92%), Calcium: 524.59mg (52.46%), Vitamin B3: 10.46mg (52.28%), Vitamin B6: 0.77mg (38.66%), Vitamin B2: 0.64mg (37.84%), Zinc: 4.79mg (31.94%), Vitamin A: 1568.59IU (31.37%), Vitamin B12: 1.55µg (25.83%), Vitamin B5: 2.24mg (22.37%), Potassium: 702.6mg (20.07%), Iron: 3.6mg (20%), Magnesium: 76.94mg (19.24%), Copper: 0.27mg (13.71%), Vitamin B1: 0.2mg (13.19%), Manganese: 0.26mg (12.78%), Vitamin E: 1.79mg (11.96%), Fiber: 2.42g (9.66%), Folate: 34.31µg (8.58%), Vitamin D: 1.23µg (8.18%), Vitamin K: 8.08µg (7.69%), Vitamin C: 4.89mg (5.92%)