

 food  
network

## Blue Corn Enchiladas

READY IN



80 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce canned tomatoes crushed canned
- 1 tablespoon canola oil
- 1 chocolate
- 3 cups chicken breast shredded cooked
- 8 6-inch corn tortillas blue
- 2 tablespoons flour all-purpose
- 1 garlic
- 3 green onions thinly sliced for serving
- 1 tablespoons hot sauce such as texas pete's

- 0.3 teaspoon kosher salt
- 1 lime for serving
- 1 cup chicken broth low-sodium homemade ( or boxed)
- 0.5 onion
- 0.3 teaspoon pepper freshly ground
- 1 cup pepper jack cheese shredded
- 0.5 potatoes
- 3.5 ounce mushroom caps sliced
- 0.5 tomatoes
- 1 medium vidalia onion

## Equipment

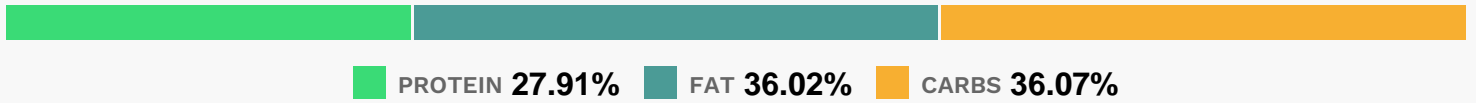
- frying pan
- oven
- casserole dish
- dutch oven

## Directions

- Preheat the oven to 350 degrees F.
- Heat the oil in a large skillet or Dutch oven.
- Add the onions and cook until translucent, about 5 minutes.
- Add the mushrooms and continue to cook, about 1 more minute.
- Sprinkle the mixture with the flour and saute for 2 to 3 minutes.
- Pour in the chicken broth, hot sauce and tomatoes and bring to a boil. Reduce to a simmer and cook until the flavors marry, 25 to 30 minutes. Stir in the cooked chicken, salt and pepper and turn off the heat.
- Place 4 of the tortillas in the bottom of a casserole dish and top with half of the chicken mixture.
- Sprinkle with half of the cheese. Repeat the layers with the remaining 4 tortillas, chicken mixture and cheese.

- Bake for 25 to 30 minutes.
- Garnish with the green onions and serve with lime wedges to drizzle with fresh lime juice.
- Add onion.
- Add garlic.
- Add potatoes.
- Add tomatoes.
- Add chocolate

## Nutrition Facts



### Properties

Glycemic Index:62.73, Glycemic Load:9.32, Inflammation Score:-6, Nutrition Score:12.720869660378%

### Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg, Quercetin: 8.06mg

### Nutrients (% of daily need)

Calories: 290.36kcal (14.52%), Fat: 11.81g (18.17%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 26.61g (8.87%), Net Carbohydrates: 22.76g (8.28%), Sugar: 6.57g (7.3%), Cholesterol: 51.95mg (17.32%), Sodium: 371.1mg (16.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.59g (41.18%), Phosphorus: 301.72mg (30.17%), Vitamin B3: 5.86mg (29.28%), Selenium: 18.39µg (26.27%), Vitamin B6: 0.45mg (22.31%), Calcium: 170.16mg (17.02%), Fiber: 3.85g (15.39%), Vitamin C: 11.71mg (14.2%), Vitamin B2: 0.23mg (13.27%), Zinc: 1.94mg (12.91%), Magnesium: 50.74mg (12.69%), Manganese: 0.25mg (12.46%), Potassium: 414.73mg (11.85%), Vitamin K: 12.39µg (11.8%), Iron: 2.02mg (11.21%), Copper: 0.19mg (9.33%), Vitamin A: 453.23IU (9.06%), Vitamin B5: 0.89mg (8.87%), Vitamin B1: 0.12mg (7.76%), Folate: 29.39µg (7.35%), Vitamin B12: 0.3µg (4.98%), Vitamin E: 0.52mg (3.5%)