



Cheesy Enchiladas

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz black beans drained and rinsed low-sodium canned
- 1 tablespoon chili powder
- 1 cup regular corn frozen
- 0.5 cup cheddar shredded reduced-fat
- 1 cup salsa
- 1 pound chicken breast boneless skinless
- 8 8-inch tortillas whole-wheat

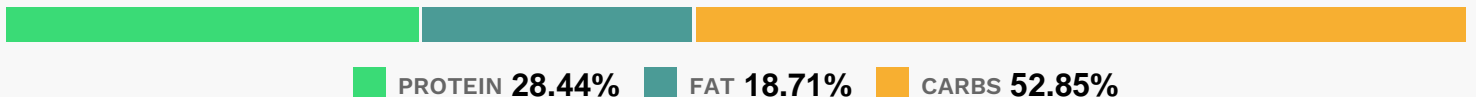
Equipment

- frying pan
- oven
- baking pan
- kitchen thermometer
- cutting board

Directions

- Cut chicken into 5 pieces.
- Place in a large pan, sprinkle with chili powder and cover with 1/2 cup water. Bring just to a boil, reduce heat to medium-low and simmer for 10 minutes, until a thermometer inserted in thickest part registers 165F.
- Transfer chicken to a cutting board (pour out any remaining water), shred or cut into small chunks and return to pan.
- Add beans, corn and salsa. Cook over medium-high heat, stirring, until mixture is hot, about 5 minutes.
- Remove from heat.
- Preheat oven to 375F; mist a 9-by-13-inch baking pan with cooking spray.
- Lay a tortilla out on a work surface; spread 1/2 cup of chicken mixture down center.
- Roll up and place seam-side down in pan. Repeat with remaining tortillas and chicken mixture. (If you have chicken left over, spread it on top of enchiladas.)
- Bake for 10 minutes.
- Sprinkle cheese evenly over enchiladas; bake until cheese has melted and enchiladas are hot, about 5 minutes longer.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:15.92, Inflammation Score:-8, Nutrition Score:35.04173917874%

Nutrients (% of daily need)

Calories: 627.49kcal (31.37%), Fat: 13.11g (20.18%), Saturated Fat: 4.43g (27.67%), Carbohydrates: 83.33g (27.78%), Net Carbohydrates: 69.41g (25.24%), Sugar: 6.48g (7.2%), Cholesterol: 75.54mg (25.18%), Sodium: 1838.2mg (79.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.85g (89.69%), Vitamin B3: 18.66mg (93.28%), Selenium: 63.79µg (91.12%), Phosphorus: 694.12mg (69.41%), Vitamin B6: 1.2mg (60.22%), Fiber: 13.93g (55.71%), Vitamin B1: 0.81mg (53.76%), Manganese: 0.94mg (47.1%), Folate: 186.48µg (46.62%), Iron: 7.1mg (39.45%), Vitamin B2: 0.64mg (37.4%), Potassium: 1211.81mg (34.62%), Magnesium: 117.32mg (29.33%), Calcium: 276.87mg (27.69%), Vitamin B5: 2.27mg (22.75%), Copper: 0.43mg (21.35%), Vitamin A: 974.16IU (19.48%), Zinc: 2.53mg (16.89%), Vitamin K: 12.5µg (11.9%), Vitamin E: 1.78mg (11.86%), Vitamin C: 8.45mg (10.24%), Vitamin B12: 0.3µg (4.93%)