



HEALTH SCORE

58%

Chicken and Black Bean Enchiladas with Goopy Jack Cheese

READY IN



40 min.

SERVINGS



4

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings broccoli
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 4 servings celery
- ☐ 4 8-inch flour tortillas
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 4 ounce chiles diced green canned
- ☐ 1.3 cups monterey jack shredded

- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 4 servings onions
- ☐ 0.3 cup salsa hot prepared
- ☐ 2 pounds chicken breasts boneless skinless cut into 1-inch pieces *see cook's note
- ☐ 4 servings potatoes
- ☐ 4 servings potatoes

Equipment

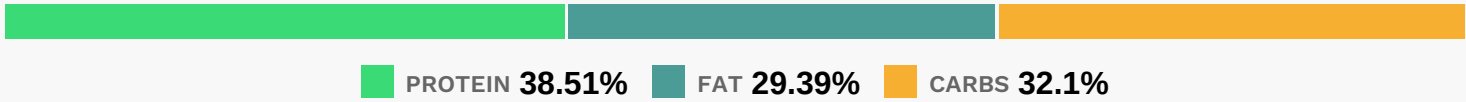
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 400 degrees F.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion and garlic and saute 2 minutes.
- ☐ Add chicken and saute 5 minutes, until golden brown and cooked through.
- ☐ Remove half of the chicken and reserve for another use.
- ☐ Stir in black beans, green chiles, and salsa and simmer 5 minutes, until sauce thickens and reduces.
- ☐ Remove from heat and stir in cilantro.
- ☐ Arrange 4 tortillas on a flat surface. Top each tortilla with an equal amount of chicken mixture.
- ☐ Roll up tortillas and place side by side in a shallow baking dish. Top tortillas with shredded cheese (1/3 cup per tortilla).
- ☐ Bake enchiladas 15 minutes, until cheese is golden and gooey!
- ☐ Steam broccoli
- ☐ Chop onions

- ☐ Mash potatoes
- ☐ Chop Celery

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:10.77, Inflammation Score:-9, Nutrition Score:48.846087186233%

Flavonoids

Apigenin: 3.14mg, Apigenin: 3.14mg, Apigenin: 3.14mg, Apigenin: 3.14mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg, Kaempferol: 4.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 17.22mg, Quercetin: 17.22mg, Quercetin: 17.22mg, Quercetin: 17.22mg

Nutrients (% of daily need)

Calories: 744.4kcal (37.22%), Fat: 24.22g (37.26%), Saturated Fat: 10.47g (65.42%), Carbohydrates: 59.52g (19.84%), Net Carbohydrates: 45.31g (16.48%), Sugar: 8.32g (9.25%), Cholesterol: 178.67mg (59.56%), Sodium: 1633.26mg (71.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.41g (142.82%), Vitamin B3: 27.76mg (138.78%), Selenium: 93.2µg (133.14%), Vitamin B6: 2.16mg (107.82%), Phosphorus: 953.02mg (95.3%), Vitamin K: 85.24µg (81.18%), Vitamin C: 64.43mg (78.1%), Fiber: 14.21g (56.83%), Folate: 226.56µg (56.64%), Potassium: 1890.39mg (54.01%), Calcium: 505.07mg (50.51%), Vitamin B2: 0.8mg (46.88%), Manganese: 0.89mg (44.53%), Vitamin B1: 0.66mg (43.9%), Vitamin B5: 4.28mg (42.83%), Magnesium: 151.22mg (37.8%), Iron: 6.19mg (34.38%), Vitamin A: 1284.82IU (25.7%), Zinc: 3.83mg (25.52%), Copper: 0.44mg (21.94%), Vitamin B12: 0.77µg (12.77%), Vitamin E: 1.74mg (11.62%), Vitamin D: 0.45µg (3.02%)