



WHATSheATE



Chicken-and-Cheese Enchiladas

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



905 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 corn tortillas
- ☐ 0.8 cup feta cheese crumbled
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 4 servings kosher salt
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 2.5 cups mozzarella and/or monterey jack cheese shredded
- ☐ 2 tablespoons olive oil extra-virgin plus more for greasing
- ☐ 1 small onion red halved

- ☐ 3 cups rotisserie chicken cut shredded
- ☐ 1 to 2 serrano chile peppers stemmed seeded
- ☐ 1 pinch sugar
- ☐ 1.5 pounds tomatillos husked rinsed

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ microwave

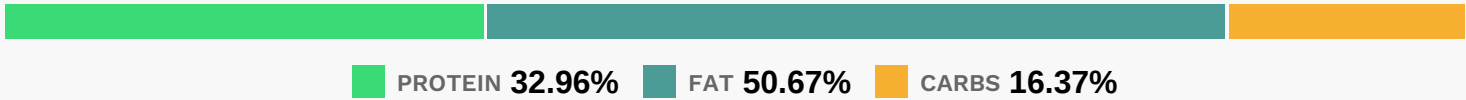
Directions

- ☐ Preheat the broiler. Slice half of the onion into thin rings and set aside.
- ☐ Place the other onion half, tomatillos and serranos on a foil-lined baking sheet and broil until the vegetables are soft and slightly brown, 7 to 10 minutes, turning as needed.
- ☐ Transfer the vegetables and any liquid to a blender, add the broth and puree. Season with 1/2 teaspoon salt and the sugar.
- ☐ Meanwhile, stack the tortillas, wrap in a damp paper towel and microwave just until warm and soft, 1 minute; keep covered. Toss the chicken with 2 cups shredded cheese in a bowl. Spoon a portion of the chicken mixture down the middle of each tortilla.
- ☐ Add a few cilantro leaves and roll up.
- ☐ Place the enchiladas side by side in a lightly oiled 9-by-13-inch baking dish and brush with the 2 tablespoons olive oil. Broil until crisp and golden, 3 minutes.
- ☐ Pour the tomatillo sauce over the enchiladas and top with the remaining 1/2 cup shredded cheese. Return to the oven and broil until the cheese is bubbly and golden brown, 3 to 5

minutes.

- ☐
- Garnish with the onion rings, queso fresco and any remaining cilantro.
- ☐
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:51.65, Glycemic Load:10.93, Inflammation Score:-7, Nutrition Score:22.454782900603%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg, Quercetin: 6.53mg

Nutrients (% of daily need)

Calories: 905.46kcal (45.27%), Fat: 51.78g (79.66%), Saturated Fat: 21.79g (136.21%), Carbohydrates: 37.64g (12.55%), Net Carbohydrates: 30.57g (11.12%), Sugar: 9.58g (10.64%), Cholesterol: 248.98mg (82.99%), Sodium: 1441.01mg (62.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.78g (151.57%), Calcium: 719.12mg (71.91%), Phosphorus: 649.33mg (64.93%), Fiber: 7.07g (28.27%), Vitamin C: 22.97mg (27.84%), Selenium: 18.84µg (26.91%), Vitamin K: 27.81µg (26.48%), Zinc: 3.85mg (25.68%), Vitamin B2: 0.43mg (25.18%), Magnesium: 99.74mg (24.94%), Manganese: 0.49mg (24.26%), Vitamin B3: 4.47mg (22.36%), Vitamin A: 1027.01IU (20.54%), Potassium: 716.45mg (20.47%), Vitamin B12: 1µg (16.67%), Vitamin B6: 0.33mg (16.39%), Vitamin E: 2.12mg (14.12%), Copper: 0.28mg (13.77%), Iron: 2.45mg (13.59%), Vitamin B1: 0.16mg (10.55%), Folate: 35.22µg (8.8%), Vitamin D: 1.04µg (6.94%), Vitamin B5: 0.59mg (5.86%)