



# Chicken and Chorizo Spanish Enchiladas

READY IN

ready

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90 min.

SERVINGS

servings

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6

CALORIES

calories

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1056 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups into bite-size pieces chopped
- ☐ 1 bay leaf
- ☐ 8 ounce tomato sauce canned
- ☐ 1.5 cups chicken stock see
- ☐ 2 chiles fresh such as jalapeno or fresno, seeded and chopped
- ☐ 6 servings evoo for drizzling, plus 2 tablespoons
- ☐ 32 ounce canned tomatoes fire roasted canned
- ☐ 0.5 cup flat-leaf parsley leaves fresh finely chopped
- ☐ 4 cloves garlic chopped

- ☐ 1 pinch ground cinnamon
- ☐ 2 cups manchego cheese shredded
- ☐ 0.5 cup olives spanish with pimientos chopped
- ☐ 1 large onion spanish chopped
- ☐ 1.5 teaspoons paprika
- ☐ 1 cup pepper jack cheese shredded
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 12 ounces chorizo diced spanish
- ☐ 8 over flame on gas burners dry

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ casserole dish
- ☐ slotted spoon

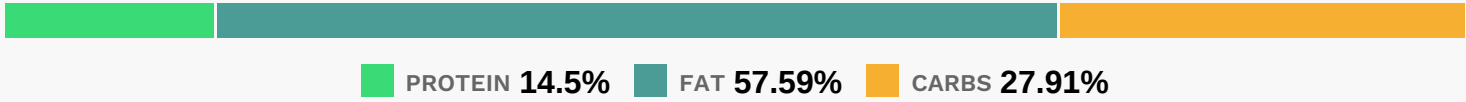
## Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a drizzle of EVOO in a large skillet over medium-high heat. Brown the chorizo, remove with a slotted spoon and drain on paper towels. Cool.
- ☐ Drain the grease from the pan, but reserve the drippings at the bottom.
- ☐ To the pan, add 2 tablespoons EVOO, 2 turns of the pan.
- ☐ Add the garlic, chiles, bay leaf, onions and salt and pepper, cook to soften, 6 to 7 minutes.
- ☐ Add the chicken stock, paprika, tomatoes, tomato sauce and cinnamon. Simmer to thicken the sauce, about 15 minutes.
- ☐ Pour about one-third to one-half of the sauce into a large casserole dish.
- ☐ Combine the cooled down chorizo with the chicken, half the manchego and Pepper Jack cheese, parsley and olives. Wrap the filling inside the charred tortillas and arrange in a casserole dish, cover with the remaining sauce and cheese. Cool and chill for a make-ahead

meal.

- ☐
- To serve, preheat the oven to 400 degrees F.
- ☐
- Bake the enchiladas from room temperature until hot through and brown and bubbly, 35 to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:26.74, Inflammation Score:-9, Nutrition Score:28.654782772064%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 1055.78kcal (52.79%), Fat: 67.82g (104.34%), Saturated Fat: 31.93g (199.55%), Carbohydrates: 73.96g (24.65%), Net Carbohydrates: 67.5g (24.55%), Sugar: 42.73g (47.48%), Cholesterol: 94.3mg (31.43%), Sodium: 1437.63mg (62.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.42g (76.83%), Vitamin K: 101.62µg (96.78%), Calcium: 724.04mg (72.4%), Manganese: 1.06mg (52.95%), Vitamin C: 36.18mg (43.85%), Vitamin A: 2181.59IU (43.63%), Vitamin B3: 7.28mg (36.4%), Phosphorus: 344.02mg (34.4%), Iron: 5.1mg (28.36%), Vitamin E: 3.97mg (26.47%), Fiber: 6.46g (25.85%), Vitamin B2: 0.43mg (25.51%), Vitamin B1: 0.38mg (25.44%), Folate: 98.35µg (24.59%), Magnesium: 88.39mg (22.1%), Copper: 0.44mg (22.08%), Selenium: 14.33µg (20.47%), Potassium: 603.84mg (17.25%), Vitamin B6: 0.33mg (16.55%), Zinc: 1.85mg (12.34%), Vitamin B5: 0.71mg (7.14%), Vitamin B12: 0.23µg (3.75%)