



 **23%**  
HEALTH SCORE

## Chicken and Green Olive Enchiladas

READY IN



45 min.

SERVINGS



8

CALORIES



965 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons flour
- 4.5 pound chicken quartered
- 5 tablespoons chili powder hot mexican-style
- 16 6-inch corn tortillas
- 16 6-inch corn tortillas
- 3 tablespoons garlic chopped
- 0.3 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 58 ounce chicken broth canned

- 4.5 cups monterrey jack cheese grated
- 8 tablespoons olive oil ()
- 2 cups onion finely chopped
- 1 teaspoon oregano dried
- 1 cup pimiento stuffed olives green drained sliced
- 0.5 ounce bittersweet chocolate

## Equipment

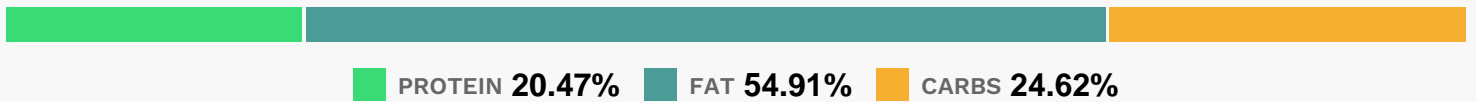
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- whisk
- pot
- aluminum foil

## Directions

- Place chicken and broth in heavy large pot. Bring to boil. Reduce heat to medium-low, partially cover pot and simmer until chicken is cooked, about 30 minutes. Cool chicken in broth. Strain broth and spoon off fat; reserve broth.
- Remove chicken skin and bones; discard. Shred chicken coarsely; transfer to large bowl.
- Heat 3 tablespoons oil in large saucepan over medium-low heat.
- Add 1 cup onion, garlic, oregano, cumin and cinnamon. Cover. Cook until onion is almost tender, stirring occasionally, about 10 minutes.
- Mix in chili powder and flour; stir 3 minutes. Gradually whisk in 4 1/2 cups broth. Increase heat to medium-high. Boil until reduced to 3 cups, stirring occasionally, about 35 minutes.
- Remove from heat.
- Whisk in chocolate; season with salt and pepper. Cool.
- Heat 1 tablespoon oil in medium skillet over medium heat.

- Add 1 tortilla and cook until just pliable, about 20 seconds per side.
- Transfer to paper-towel-lined baking sheet. Repeat with remaining tortillas, adding oil as needed.
- Spread 1/3 cup sauce in each of two 13 x 9 x 2-inch glass baking dishes.
- Mix 1 cup sauce into chicken. Arrange 8 tortillas on work surface. Spoon 3 tablespoons cheese, 1 tablespoon olives, 1 tablespoon onion and 1/4 cup chicken over center of each.
- Roll up tortillas. Arrange seam side down in 1 prepared dish. Repeat with remaining tortillas, 1 1/2 cups cheese, olives, onion and chicken. (Can be made 1 day ahead. Cover sauce and enchiladas separately; chill.)
- Preheat oven to 375°F. Top enchiladas with remaining sauce, then sprinkle with remaining cheese. Cover with foil; bake 20 minutes (30 minutes if chilled).
- Remove foil and bake until sauce bubbles, about 10 minutes.
- Let stand 10 minutes.

## Nutrition Facts



### Properties

Glycemic Index:34.38, Glycemic Load:22.9, Inflammation Score:-9, Nutrition Score:32.254348112189%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg, Quercetin: 8.17mg

### Nutrients (% of daily need)

Calories: 965.05kcal (48.25%), Fat: 60.03g (92.35%), Saturated Fat: 21.08g (131.74%), Carbohydrates: 60.55g (20.18%), Net Carbohydrates: 50.58g (18.39%), Sugar: 4.35g (4.84%), Cholesterol: 148.53mg (49.51%), Sodium: 923.93mg (40.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.34g (100.67%), Phosphorus: 891.64mg (89.16%), Vitamin B3: 13.66mg (68.28%), Calcium: 628.62mg (62.86%), Selenium: 36.12µg (51.6%), Vitamin B6: 0.93mg (46.4%), Vitamin A: 2220.72IU (44.41%), Fiber: 9.98g (39.9%), Zinc: 5.49mg (36.6%), Vitamin E: 5.47mg (36.45%), Vitamin B2: 0.6mg (35.49%), Magnesium: 138.01mg (34.5%), Manganese: 0.63mg (31.52%), Iron: 4.94mg (27.43%), Potassium: 849.26mg (24.26%), Copper: 0.47mg (23.45%), Vitamin B12: 1.12µg (18.6%), Vitamin K: 19.31µg (18.39%), Vitamin B1: 0.25mg (16.39%), Vitamin B5: 1.5mg (14.97%), Folate: 39.35µg (9.84%), Vitamin C: 5.92mg

(7.17%), Vitamin D: 0.63µg (4.18%)