



## Chicken-and-Rajas Enchiladas

READY IN



45 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 10-inch flour tortilla fat-free ()
- 4 ounces monterrey jack cheese shredded
- 0.8 cup onion thinly sliced
- 0.3 teaspoon pepper freshly ground
- 2 large poblano pepper
- 1 cup refried beans white
- 8 ounce chicken breast cut into 1/4-inch strips
- 1 cup tomatoes chopped

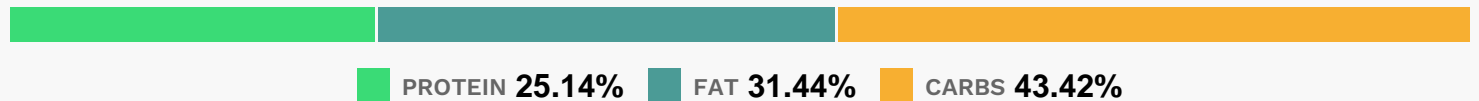
## Equipment

- frying pan
- baking sheet
- aluminum foil
- broiler
- ziploc bags

## Directions

- Preheat broiler.
- Cut poblanos in half lengthwise, and discard seeds and membranes.
- Place poblano halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 10 minutes or until blackened.
- Place in a zip-top plastic bag, and seal.
- Let stand 10 minutes. Peel chiles and cut into 1/4-inch strips.
- Place a medium nonstick skillet coated with cooking spray over medium-high heat until hot.
- Add chicken, tomato, and onion; saut 5 minutes or until chicken is done. Stir in pepper.
- Warm tortillas according to package directions.
- Spread about 1/4 cup Refried White Beans down center of each tortilla. Divide the chicken mixture, chiles, and cheese evenly among the tortillas, and roll up.
- Garnish enchiladas with cilantro sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:51.75, Glycemic Load:13.78, Inflammation Score:-8, Nutrition Score:24.851739064507%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg,

Isorhamnetin: 1.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg  
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.12mg, Quercetin:  
8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## **Nutrients (% of daily need)**

Calories: 460.2kcal (23.01%), Fat: 15.9g (24.46%), Saturated Fat: 7.85g (49.08%), Carbohydrates: 49.41g (16.47%),  
Net Carbohydrates: 42.05g (15.29%), Sugar: 8.46g (9.4%), Cholesterol: 61.52mg (20.51%), Sodium: 1101.62mg  
(47.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.6g (57.2%), Vitamin C: 73.93mg (89.61%), Selenium:  
38.02µg (54.32%), Vitamin B3: 9.69mg (48.43%), Phosphorus: 423.38mg (42.34%), Vitamin B6: 0.74mg (36.91%),  
Calcium: 355.7mg (35.57%), Vitamin B1: 0.47mg (31.14%), Fiber: 7.35g (29.41%), Manganese: 0.55mg (27.73%),  
Vitamin B2: 0.4mg (23.71%), Folate: 92.68µg (23.17%), Iron: 3.95mg (21.94%), Vitamin A: 899.79IU (18%), Potassium:  
597.49mg (17.07%), Vitamin K: 15.2µg (14.47%), Magnesium: 53.31mg (13.33%), Zinc: 1.77mg (11.82%), Vitamin B5:  
1.14mg (11.35%), Copper: 0.19mg (9.33%), Vitamin B12: 0.35µg (5.81%), Vitamin E: 0.69mg (4.62%), Vitamin D:  
0.23µg (1.51%)