



Chicken and Red Bean Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1047 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce tomato sauce canned
- ☐ 14.5 ounce chicken broth canned
- ☐ 12 2-inch corn tortillas 5 1/2 in diameter
- ☐ 6 servings cilantro leaves fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion
- ☐ 2 cups pepper jack cheese grated
- ☐ 6 servings pepper sauce red hot

- ☐ 15.5 ounce pinto beans red drained canned
- ☐ 2 cups rotisserie chicken cut shredded
- ☐ 3 tablespoons cup heavy whipping cream sour

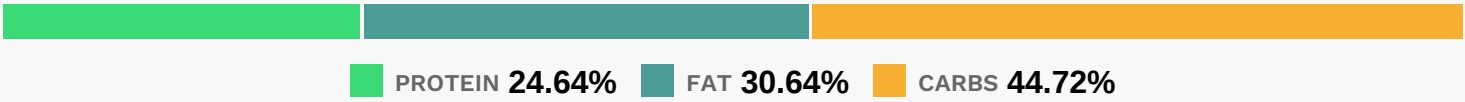
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Adjust oven rack to middle position; heat oven to 375 degrees. In a medium bowl, mix chicken, beans and 1 cup cheese; set aside. Thinly slice 1/2 cup onion; set aside. Finely chop remaining onion.
- ☐ Heat oil in a 12-inch skillet over medium-high heat.
- ☐ Add chopped onions and saute until golden, about 5 minutes.
- ☐ Add tomato sauce; simmer until very thick, about 12 minutes. (Stir frequently; reduce heat if sputtering dramatically.)
- ☐ Add broth; bring to simmer.
- ☐ Remove from heat; whisk in sour cream. Stir 1/2 cup sauce into chicken mixture.
- ☐ Spread 1/2 cup sauce in a 13-by-9-inch ovenproof glass dish. Microwave tortillas on high power in a microwave-safe plastic bag until warm, about 1 minute. Fill each tortilla with a heaping 1/4 cup chicken mixture; roll and place in baking dish. Top with remaining sauce and cheese.
- ☐ Bake until bubbly, about 20 minutes. Top with sliced onions and the optional cilantro.
- ☐ Serve hot. Pass pepper sauce separately.

Nutrition Facts



Properties

Glycemic Index:37.75, Glycemic Load:49.25, Inflammation Score:-8, Nutrition Score:31.594782767089%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 1046.95kcal (52.35%), Fat: 36.38g (55.96%), Saturated Fat: 12.85g (80.33%), Carbohydrates: 119.45g (39.82%), Net Carbohydrates: 100.34g (36.49%), Sugar: 6.46g (7.18%), Cholesterol: 147.03mg (49.01%), Sodium: 1470.07mg (63.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.82g (131.63%), Phosphorus: 1084.43mg (108.44%), Fiber: 19.11g (76.44%), Magnesium: 224.61mg (56.15%), Manganese: 1.08mg (54.05%), Calcium: 530.01mg (53%), Selenium: 32.72µg (46.74%), Zinc: 6.45mg (42.98%), Vitamin B6: 0.81mg (40.38%), Iron: 5.79mg (32.19%), Copper: 0.61mg (30.3%), Vitamin B3: 6.03mg (30.13%), Potassium: 1007.02mg (28.77%), Vitamin B2: 0.44mg (25.69%), Vitamin E: 3.09mg (20.63%), Vitamin B1: 0.28mg (18.99%), Vitamin B12: 1.01µg (16.84%), Vitamin A: 767.02IU (15.34%), Folate: 47.42µg (11.85%), Vitamin K: 9.32µg (8.88%), Vitamin C: 6.99mg (8.47%), Vitamin B5: 0.69mg (6.9%), Vitamin D: 0.29µg (1.96%)