



## Chicken and Rice Enchiladas

READY IN



54 min.

SERVINGS



6

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 14 ounce boil-in-bag brown rice (such as Success)
- 0.5 teaspoon chili powder
- 1.5 cups meat from a rotisserie chicken cooked chopped
- 10 ounce enchilada sauce canned
- 6 8-inch 7%-fat-free flour tortillas () (such as Mission)
- 3 tablespoons flat-leaf parsley fresh finely chopped
- 0.5 teaspoon ground cumin
- 6 tablespoons cup heavy whipping cream sour low-fat
- 1.5 cups mushrooms thinly sliced

- 2 teaspoons olive oil
- 0.5 cup onion diced
- 0.5 teaspoon oregano dried
- 2 tablespoons parmesan cheese grated
- 0.3 teaspoon salt
- 2 ounces sharp cheddar cheese shredded reduced-fat
- 0.5 cup sacramento tomato juice

## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 37
- Cook rice according to package directions, omitting salt and fat.
- Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add mushrooms and onion; saut 5 minutes or until tender.
- Combine enchilada sauce, tomato juice, and mushroom mixture. Spoon 1/4 cup mushroom mixture over bottom of an 11 x 7-inch baking dish coated with cooking spray.
- Combine rice, chicken, and next 6 ingredients in a large bowl. Spoon about 1/2 cup chicken mixture in center of 1 tortilla; roll tightly and place, seam side down, in baking dish. Repeat procedure with remaining tortillas and chicken mixture.
- Spoon remaining mushroom mixture over top of enchiladas. Cover and bake at 375 for 25 minutes. Uncover; sprinkle with Cheddar cheese.
- Bake an additional 4 minutes or until cheese melts.
- Let stand 5 minutes. Top each enchilada with 1 tablespoon sour cream.

## Nutrition Facts



■ PROTEIN 16.41% ■ FAT 23.53% ■ CARBS 60.06%

## Properties

Glycemic Index:42.01, Glycemic Load:37.02, Inflammation Score:-8, Nutrition Score:25.301304171915%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

## Nutrients (% of daily need)

Calories: 562.86kcal (28.14%), Fat: 14.64g (22.53%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 84.09g (28.03%), Net Carbohydrates: 78.49g (28.54%), Sugar: 6.9g (7.67%), Cholesterol: 41.35mg (13.78%), Sodium: 1019.69mg (44.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.97g (45.94%), Manganese: 2.8mg (139.95%), Vitamin B3: 8.96mg (44.78%), Phosphorus: 440.15mg (44.02%), Vitamin B1: 0.6mg (39.87%), Vitamin K: 39.33µg (37.46%), Selenium: 26.02µg (37.18%), Magnesium: 125.53mg (31.38%), Vitamin B6: 0.59mg (29.59%), Iron: 4.35mg (24.16%), Vitamin B2: 0.4mg (23.34%), Fiber: 5.6g (22.39%), Calcium: 212.36mg (21.24%), Folate: 80.49µg (20.12%), Vitamin B5: 1.89mg (18.93%), Zinc: 2.84mg (18.91%), Copper: 0.36mg (18.15%), Vitamin A: 792.21IU (15.84%), Potassium: 518.56mg (14.82%), Vitamin C: 8.93mg (10.82%), Vitamin B12: 0.28µg (4.74%), Vitamin E: 0.49mg (3.28%)