



Chicken & bean enchiladas

READY IN



40 min.

SERVINGS



4

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil
- ☐ 1 onion red chopped
- ☐ 1 garlic clove crushed
- ☐ 1 tbsp penzey's southwest seasoning
- ☐ 790 g kidney beans canned
- ☐ 2 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs shredded
- ☐ 195 g regular corn drained canned
- ☐ 8 flour tortilla
- ☐ 140 g cheese hard grated

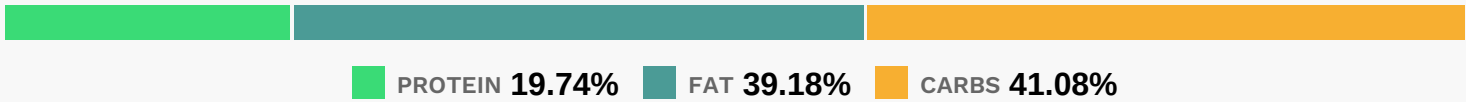
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Heat the oil in a frying pan and cook the onion and garlic for 5 mins. Stir in the fajita seasoning and cook for 1 min more before adding the kidney beans, shredded chicken and sweetcorn.
- ☐ Divide the mixture between the tortillas, sprinkle over half the cheese, then roll up and place into a baking dish.
- ☐ Sprinkle over the remaining cheese, then bake for 20–25 mins until golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:57.63, Glycemic Load:25.09, Inflammation Score:-8, Nutrition Score:31.144347444825%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 722.98kcal (36.15%), Fat: 32g (49.23%), Saturated Fat: 12.11g (75.7%), Carbohydrates: 75.48g (25.16%), Net Carbohydrates: 59.69g (21.71%), Sugar: 9.53g (10.59%), Cholesterol: 94.9mg (31.63%), Sodium: 1232.84mg (53.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.27g (72.55%), Phosphorus: 645.21mg (64.52%), Fiber: 15.79g (63.16%), Manganese: 1.2mg (59.94%), Selenium: 37.56µg (53.66%), Calcium: 466.28mg (46.63%), Vitamin B1: 0.63mg (42.29%), Vitamin K: 44.28µg (42.17%), Vitamin B3: 7.72mg (38.62%), Iron: 6.8mg (37.76%), Folate: 142.89µg (35.72%), Vitamin B2: 0.6mg (35.43%), Magnesium: 119.73mg (29.93%), Vitamin B6: 0.57mg (28.55%), Zinc: 4.23mg (28.21%), Potassium: 942.19mg (26.92%), Copper: 0.46mg (22.97%), Vitamin B5: 1.6mg (15.98%), Vitamin B12: 0.73µg (12.19%), Vitamin A: 601.64IU (12.03%), Vitamin E: 1.45mg (9.64%), Vitamin C: 6.74mg (8.17%), Vitamin D:

0.27µg (1.83%)