



Chicken, Chili and Cheese Enchiladas

 **Gluten Free**  **Very Healthy**

READY IN



65 min.

SERVINGS



8

CALORIES



2880 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups meat from a rotisserie chicken shredded skinless cooked (from one)
- 4 oz mild chilies diced green drained canned
- 0.5 cup cilantro leaves finely chopped
- 80 2-inch corn tortillas
- 3 cloves garlic minced
- 1 jalapeño chili minced seeded
- 1.5 cups chicken broth low-sodium
- 16 oz salsa verde

- 2 cups coarsely sharp cheddar shredded
- 1 tablespoon vegetable oil
- 1 onion yellow finely chopped

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 375F. Mist a 9-by-13-inch baking dish with cooking spray. Warm oil in a medium skillet over medium heat.
- Add onion and cook, stirring, until softened but not browned, 5 minutes.
- Add garlic and jalapeo and cook 2 minutes longer, stirring often.
- Remove from heat and let cool slightly.
- In a large bowl, combine onion mixture, chicken, 1 cup cheese, 1/2 cup salsa and mild green chilies. Stir until well combined.
- Pour broth into skillet and heat until almost simmering. Working one at a time, dip a corn tortilla into broth, taking care to work quickly so tortilla doesn't become too soft, then transfer to a clean workspace. Spoon about 2 Tbsp. of chicken mixture down center of tortilla.
- Roll tortilla around filling like a cigar, and transfer, seam side down, to prepared dish. Repeat with remaining tortillas and filling.
- Pour remaining salsa over top of enchiladas, spreading to coat.
- Sprinkle remaining cheese over top.
- Bake enchiladas, uncovered, until cheese is melted and enchiladas are hot throughout, about 20 minutes. Just before serving, sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:30.44, Glycemic Load:221.56, Inflammation Score:-10, Nutrition Score:59.8395650024%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 2880.46kcal (144.02%), Fat: 54.7g (84.16%), Saturated Fat: 13.51g (84.43%), Carbohydrates: 516.28g (172.09%), Net Carbohydrates: 443.91g (161.42%), Sugar: 15.17g (16.86%), Cholesterol: 141.81mg (47.27%), Sodium: 1531.71mg (66.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 105.5g (211.01%), Phosphorus: 3735mg (373.5%), Fiber: 72.37g (289.47%), Magnesium: 834.31mg (208.58%), Manganese: 3.79mg (189.41%), Vitamin B6: 2.63mg (131.58%), Calcium: 1132.96mg (113.3%), Selenium: 77.85µg (111.21%), Zinc: 16.1mg (107.31%), Copper: 1.82mg (90.88%), Vitamin B3: 17.95mg (89.77%), Iron: 14.38mg (79.87%), Vitamin B1: 1.1mg (73.33%), Potassium: 2375.09mg (67.86%), Vitamin B2: 0.9mg (52.87%), Vitamin C: 26.24mg (31.8%), Vitamin E: 3.73mg (24.88%), Vitamin A: 881.9IU (17.64%), Folate: 69.93µg (17.48%), Vitamin B5: 1.42mg (14.23%), Vitamin K: 9.29µg (8.84%), Vitamin B12: 0.34µg (5.73%), Vitamin D: 0.17µg (1.13%)