



## Chicken Enchilada Bake with Mushroom Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 ounces anaheim chili
- 0.3 teaspoon pepper black
- 9 6-inch corn tortillas cut in half ()
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- 0.5 cup weight cream cheese fat-free block-style softened
- 8 ounces crimini mushrooms sliced
- 0.5 teaspoon rubbed sage dried
- 1.3 cups fat-skimmed beef broth fat-free

- 2 tablespoons flour all-purpose
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic clove minced
- 0.5 cup spring onion sliced
- 0.3 teaspoon ground cumin
- 2 ounces monterrey jack cheese shredded
- 1 tablespoon olive oil
- 6 ounces poblano pepper
- 1 bell pepper red
- 0.8 pound chicken breast strips/pre-cooked/chopped chopped
- 1 ounce pecorino cheese fresh grated
- 1.5 cups mushroom caps sliced ( 1 )
- 0.5 cup water

## Equipment

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

## Directions

- Preheat broiler.
- Cut the chiles and bell pepper in half lengthwise, and discard seeds and membranes.
- Place chile and bell pepper halves, skin sides up, on a foil-lined baking sheet, and flatten with hand. Broil for 5 minutes or until blackened, turning occasionally.
- Place in a zip-top plastic bag, and seal.

- Let stand 15 minutes; peel and chop chiles and bell pepper.
- Heat oil in a large nonstick skillet over medium heat.
- Add mushrooms, onions, and garlic; saut 5 minutes. Stir in flour, sage, cumin, and black pepper, and cook 2 minutes. Stir in chopped chiles and bell pepper, broth, and water; simmer 5 minutes or until thick, stirring constantly. Stir in cream cheese.
- Remove from heat; stir in Jack cheese and cilantro.
- Preheat oven to 35
- Spoon 1 cup mushroom sauce into an 11 x 7-inch baking dish coated with cooking spray; top with 6 tortilla halves, 3/4 cup chicken, and 1 cup sauce. Repeat layers twice, ending with sauce.
- Sprinkle with Romano. Cover and bake at 350 for 35 minutes or until bubbly.
- Let stand 10 minutes.

## Nutrition Facts



**PROTEIN 30.13%** **FAT 24.15%** **CARBS 45.72%**

## Properties

Glycemic Index:54.38, Glycemic Load:13.4, Inflammation Score:-7, Nutrition Score:21.316086810568%

## Flavonoids

Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

## Nutrients (% of daily need)

Calories: 313.1kcal (15.66%), Fat: 8.61g (13.24%), Saturated Fat: 3.02g (18.88%), Carbohydrates: 36.67g (12.22%), Net Carbohydrates: 30.29g (11.01%), Sugar: 4.73g (5.26%), Cholesterol: 47.83mg (15.94%), Sodium: 449.2mg (19.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.17g (48.34%), Phosphorus: 512.56mg (51.26%), Vitamin B3: 10.07mg (50.37%), Vitamin C: 39.6mg (48%), Selenium: 28.91µg (41.3%), Vitamin B6: 0.67mg (33.27%), Vitamin B2: 0.44mg (25.75%), Fiber: 6.38g (25.53%), Manganese: 0.43mg (21.69%), Calcium: 212.35mg (21.24%), Magnesium: 78.71mg (19.68%), Vitamin B5: 1.82mg (18.15%), Copper: 0.36mg (17.98%), Potassium: 627.69mg (17.93%), Vitamin K: 18.49µg (17.61%), Zinc: 2.58mg (17.21%), Vitamin A: 728.83IU (14.58%), Vitamin B1: 0.17mg (11.28%), Iron: 2mg (11.11%), Folate: 40.81µg (10.2%), Vitamin B12: 0.48µg (7.94%), Vitamin E: 0.93mg (6.19%), Vitamin D: 0.3µg (2%)