

**16%**
HEALTH SCORE

Chicken Enchilada Casserole

 **Gluten Free**

READY IN

**60 min.**

SERVINGS

**6**

CALORIES

**433 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 pounds tomatillos washed and coarsely chopped (husks removed)
- 2 tablespoons vegetable oil
- 1 small onion diced white
- 2 small jalapeno diced seeded
- 3 garlic clove minced
- 1 serving coarse mustard
- 12 corn tortillas
- 12 corn tortillas

- 2.3 cups chicken breast shredded boneless skinless cooked ()
- 3 tablespoons cream sour
- 0.5 cup cotija cheese crumbled
- 0.3 cup cilantro leaves fresh chopped

Equipment

- bowl
- frying pan
- oven
- whisk
- blender
- baking pan
- aluminum foil
- microwave
- kitchen towels

Directions

- Preheat oven to 400 degrees. In a blender, puree tomatillos until smooth. In a large skillet, heat oil over medium-high.
- Add onion and jalapenos and cook until softened, 8 minutes.
- Add garlic and cook until fragrant, 30 seconds.
- Add tomatillo puree and bring to a boil. Reduce heat and simmer until sauce is thickened slightly, 10 minutes. Season with salt and pepper.
- Briefly run stack of tortillas under cold water, turning to lightly dampen. Wrap stack in a clean kitchen towel and microwave until pliable, 30 seconds. Fill each tortilla with about 3 tablespoons chicken, fold in half, and arrange in a 9-by-13-inch baking dish, overlapping slightly. Top with tomatillo mixture, cover with foil, and bake until bubbling, 20 to 25 minutes.
- Let cool 5 minutes before serving.
- In a small bowl, whisk together sour cream and 2 tablespoons water. To serve, drizzle casserole with sour cream mixture and sprinkle with cheese and cilantro.

Nutrition Facts

PROTEIN 19.26% FAT 28.98% CARBS 51.76%

Properties

Glycemic Index:46.83, Glycemic Load:20.69, Inflammation Score:-6, Nutrition Score:22.442608747793%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 433.28kcal (21.66%), Fat: 14.42g (22.18%), Saturated Fat: 3.97g (24.83%), Carbohydrates: 57.94g (19.31%), Net Carbohydrates: 48.1g (17.49%), Sugar: 7.78g (8.65%), Cholesterol: 50.67mg (16.89%), Sodium: 268.36mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.56g (43.13%), Phosphorus: 558.56mg (55.86%), Vitamin B3: 10.45mg (52.26%), Vitamin B6: 0.84mg (42.16%), Selenium: 27.78µg (39.68%), Fiber: 9.85g (39.38%), Manganese: 0.63mg (31.74%), Magnesium: 125.59mg (31.4%), Vitamin C: 25.53mg (30.94%), Vitamin K: 27.74µg (26.42%), Potassium: 862.53mg (24.64%), Vitamin B2: 0.3mg (17.79%), Calcium: 172.4mg (17.24%), Zinc: 2.45mg (16.36%), Copper: 0.31mg (15.68%), Vitamin B1: 0.23mg (15.54%), Iron: 2.6mg (14.45%), Vitamin B5: 1.33mg (13.28%), Vitamin E: 1.58mg (10.56%), Vitamin A: 392.7IU (7.85%), Folate: 26.52µg (6.63%), Vitamin B12: 0.34µg (5.61%)