



Chicken Enchilada Dip

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



544 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup black beans
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 2 chipotle chilies in adobo sauce
- ☐ 1 cup regular corn
- ☐ 1 teaspoon cumin toasted
- ☐ 1 cup enchilada sauce
- ☐ 1 clove garlic grated
- ☐ 1 cup monterey jack cheese shredded

- ☐ 1 tablespoon oil
- ☐ 1 small onion diced
- ☐ 1 teaspoon oregano
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup cheddar cheese shredded
- ☐ 0.5 pound meat from a rotisserie chicken shredded cooked

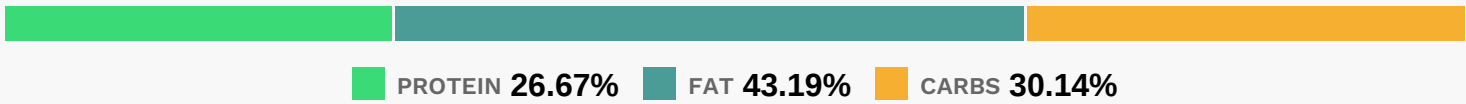
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix the chicken, enchilada sauce, beans, corn and half of the cheese, place in a baking dish and sprinkle on the remaining cheese.
- ☐ Bake in a preheated 350F oven until the top is a light golden brown and the sides are bubbling, about 15–20 minutes.
- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and cumin and saute until fragrant, about a minute.Puree the onions and garlic along with the chilies and tomatoes in a food processor and return to pan.Bring to a boil, reduce the heat, simmer for a few minutes and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:61.13, Glycemic Load:10.65, Inflammation Score:–9, Nutrition Score:28.269565364589%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 543.8kcal (27.19%), Fat: 26.94g (41.45%), Saturated Fat: 12.34g (77.14%), Carbohydrates: 42.32g (14.11%), Net Carbohydrates: 31.53g (11.47%), Sugar: 16g (17.77%), Cholesterol: 95.92mg (31.97%), Sodium: 1375.4mg (59.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.44g (74.87%), Phosphorus: 526.48mg (52.65%), Calcium: 515.66mg (51.57%), Fiber: 10.78g (43.13%), Selenium: 28.07µg (40.09%), Vitamin B3: 7.87mg (39.36%), Manganese: 0.71mg (35.56%), Vitamin B6: 0.69mg (34.64%), Iron: 5.7mg (31.65%), Potassium: 1036.34mg (29.61%), Vitamin A: 1469.9IU (29.4%), Folate: 117.16µg (29.29%), Vitamin B2: 0.48mg (28.14%), Vitamin C: 23.15mg (28.06%), Magnesium: 112.08mg (28.02%), Zinc: 4.08mg (27.19%), Copper: 0.54mg (26.96%), Vitamin E: 3.53mg (23.5%), Vitamin B1: 0.35mg (23.38%), Vitamin B5: 1.72mg (17.18%), Vitamin K: 17.77µg (16.92%), Vitamin B12: 0.7µg (11.64%), Vitamin D: 0.34µg (2.26%)