



Chicken Enchilada Stack

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby corns white yellow frozen
- 15 ounce black beans rinsed drained canned
- 8 ounce tomato sauce with basil, garlic, and oregano canned
- 14.5 ounce canned tomatoes diced drained canned
- 1 teaspoon cooking oil
- 2 cups chicken breast shredded
- 1.5 teaspoons chili powder
- 5 8-inch masa ()

- 2 garlic minced
- 1 cup onion chopped
- 0.5 cup poblano pepper seeded chopped
- 2 cups sharp cheddar cheese shredded reduced-fat

Equipment

- bowl
- frying pan
- blender
- slow cooker

Directions

- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add onion, poblano chile, and garlic to pan; cook 6 minutes or until vegetables are tender, stirring frequently.
- Stir in chile powder, tomatoes, and tomato sauce.
- Place half of tomato mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to avoid splatters). Blend until almost smooth.
- Pour into a large bowl. Repeat procedure with remaining tomato mixture.
- Coat a 5-quart round electric slow cooker with cooking spray; place 3 tablespoons tomato mixture in bottom of slow cooker.
- Combine remaining tomato mixture, chicken, corn, and beans.
- Place one tortilla on sauce in slow cooker; pour 1 cup chicken mixture over tortilla; sprinkle with 1/3 cup cheese. Top with another tortilla. Repeat procedure with remaining chicken mixture, tortillas, and cheese. Cover and cook on LOW for 2 hours or until cheese melts and edges are lightly browned.
- Garnish with cilantro, if desired.
- Cut into 8 wedges.

Nutrition Facts

PROTEIN 28.38% FAT 37.61% CARBS 34.01%

Properties

Glycemic Index:29.06, Glycemic Load:5.46, Inflammation Score:0, Nutrition Score:16.856086870898%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 278.37kcal (13.92%), Fat: 12.05g (18.53%), Saturated Fat: 5.83g (36.46%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 18.01g (6.55%), Sugar: 5.9g (6.55%), Cholesterol: 52.25mg (17.42%), Sodium: 642.28mg (27.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.91%), Phosphorus: 324.97mg (32.5%), Selenium: 21.6µg (30.85%), Vitamin B3: 5.82mg (29.09%), Vitamin B6: 0.54mg (27.14%), Fiber: 6.5g (26.02%), Calcium: 251.56mg (25.16%), Vitamin C: 19.52mg (23.66%), Potassium: 684.56mg (19.56%), Manganese: 0.37mg (18.39%), Vitamin B2: 0.3mg (17.75%), Magnesium: 62.89mg (15.72%), Folate: 61.32µg (15.33%), Vitamin A: 758IU (15.16%), Copper: 0.28mg (14.23%), Iron: 2.44mg (13.53%), Zinc: 2.02mg (13.46%), Vitamin B1: 0.2mg (13.29%), Vitamin B5: 1.27mg (12.7%), Vitamin E: 1.63mg (10.88%), Vitamin B12: 0.37µg (6.24%), Vitamin K: 5.93µg (5.65%), Vitamin D: 0.21µg (1.38%)