



Chicken Enchilada Stack

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby and corn 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 canola oil
- ☐ 2 cups rotisserie chicken breast shredded
- ☐ 1.5 teaspoons chipotle chile powder
- ☐ 5 8-inch corn and flour blend tortillas ()

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

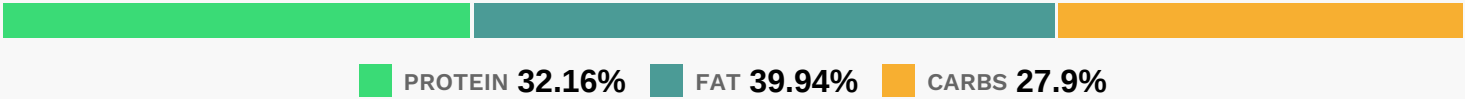
Equipment

- ☐ 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



Properties

Glycemic Index:29.06, Glycemic Load:5.46, Inflammation Score:-6, Nutrition Score:13.108260916627%

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, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 346.43kcal (17.32%), Fat: 15.89g (24.45%), Saturated Fat: 6.91g (43.18%), Carbohydrates: 24.98g (8.33%), Net Carbohydrates: 18.34g (6.67%), Sugar: 6.26g (6.96%), Cholesterol: 85.03mg (28.34%), Sodium: 798.66mg (34.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.8g (57.6%), Fiber: 6.64g (26.55%), Calcium: 248.45mg (24.84%), Phosphorus: 245.1mg (24.51%), Vitamin C: 19.07mg (23.11%), Manganese: 0.36mg (17.79%), Potassium: 538.5mg (15.39%), Vitamin B2: 0.26mg (15.34%), Folate: 59.71µg (14.93%), Selenium: 9.52µg (13.6%), Copper: 0.27mg (13.53%), Magnesium: 52.59mg (13.15%), Vitamin A: 635.56IU (12.71%), Vitamin B6: 0.25mg (12.71%), Iron: 2.23mg (12.4%), Zinc: 1.78mg (11.9%), Vitamin B1: 0.17mg (11.63%), Vitamin E: 1.42mg (9.45%), Vitamin B3: 1.86mg (9.31%), Vitamin B5: 0.73mg (7.32%), Vitamin K: 5.46µg (5.2%), Vitamin B12: 0.3µg (4.99%), Vitamin D: 0.17µg (1.13%)