



Chicken Enchilada Stuffed Zucchini



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



367 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 28 ounce canned tomatoes canned
- ☐ 1 tablespoon chipotle chili powder or to taste
- ☐ 1 chipotle chilies in adobo sauce
- ☐ 1 handful cilantro leaves chopped
- ☐ 0.5 cup regular corn
- ☐ 1 teaspoon cumin toasted
- ☐ 1.5 cups enchilada sauce (see below)
- ☐ 1 clove garlic grated

- ☐ 1 tablespoon oil
- ☐ 1 small onion diced
- ☐ 1 small onions diced
- ☐ 1 teaspoon oregano
- ☐ 4 servings salt and pepper to taste
- ☐ 0.5 cup cheddar shredded
- ☐ 1 cup meat from a rotisserie chicken shredded cooked
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 4 medium zucchinis cut in half lengthwise

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place the zucchini halves in boiling water for a minute, remove and let cool. Hollow out the zucchini halves with a small spoon reserving the removed flesh.
- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic, cumin and chili powder and saute until fragrant, about a minute.
- ☐ Add the reserved zucchini flesh, chicken, corn, oregano, 1/2 cup of enchiladas sauce and cilantro, cook for a few minutes and remove from heat.
- ☐ Spread 1/4 cup of the enchilada sauce over the bottom of a large baking dish, place the zucchini in the dish, stuff them with the filling and top with the remaining enchilada sauce and the cheese.
- ☐ Bake in a preheated 350F oven until the zucchini is nice and tender and the cheese has melted, about 30–40 minutes.

Nutrition Facts



 **PROTEIN 24.38%**  **FAT 36.17%**  **CARBS 39.45%**

Properties

Glycemic Index:72.13, Glycemic Load:7.66, Inflammation Score:-10, Nutrition Score:29.233043564403%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 367.01kcal (18.35%), Fat: 15.69g (24.13%), Saturated Fat: 5.81g (36.29%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 28.79g (10.47%), Sugar: 22.63g (25.14%), Cholesterol: 51.44mg (17.15%), Sodium: 1494.11mg (64.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.58%), Vitamin C: 59.36mg (71.95%), Vitamin A: 2396.4IU (47.93%), Vitamin B6: 0.9mg (45.22%), Manganese: 0.89mg (44.59%), Fiber: 9.7g (38.79%), Potassium: 1350.24mg (38.58%), Phosphorus: 355.27mg (35.53%), Vitamin B3: 6.75mg (33.74%), Iron: 5.5mg (30.54%), Calcium: 303.61mg (30.36%), Vitamin K: 30.68µg (29.22%), Vitamin E: 4.38mg (29.21%), Vitamin B2: 0.49mg (28.63%), Copper: 0.55mg (27.42%), Magnesium: 104.05mg (26.01%), Selenium: 17.36µg (24.79%), Folate: 92.05µg (23.01%), Vitamin B1: 0.31mg (20.82%), Zinc: 2.94mg (19.59%), Vitamin B5: 1.6mg (15.98%), Vitamin B12: 0.57µg (9.51%)