

Chicken Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups chicken breast shredded cooked
- ☐ 8 6-inch corn tortillas ()
- ☐ 30 ounce enchilada sauce divided canned
- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 4 cups iceberg lettuce shredded
- ☐ 1 jalapeno seeded chopped
- ☐ 0.3 cup olives ripe sliced
- ☐ 1.5 tablespoons onion chopped

- ☐ 6 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.5 cup tomatoes diced

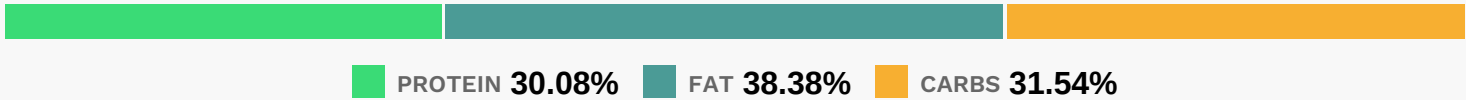
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350
- ☐ Wrap tortillas in aluminum foil; bake at 350 for 15 minutes. While tortillas bake, coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add onion, cilantro, and jalapeo; saut until onion is tender.
- ☐ Add chicken and 1 can enchilada sauce; cook 5 minutes.
- ☐ Spoon chicken mixture evenly down centers of tortillas.
- ☐ Roll up tortillas; place, seam sides down, in a 13- x 9-inch baking dish.
- ☐ Heat remaining 2 cans enchilada sauce in a saucepan; pour over enchiladas, and top with cheese.
- ☐ Bake at 350 for 10 minutes or until enchiladas are thoroughly heated and cheese melts.
- ☐ Sprinkle evenly with tomato and olives.
- ☐ Serve over lettuce.

Nutrition Facts



Properties

Glycemic Index:29.81, Glycemic Load:5.53, Inflammation Score:-7, Nutrition Score:11.814347811367%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 289.78kcal (14.49%), Fat: 12.39g (19.06%), Saturated Fat: 5.28g (32.98%), Carbohydrates: 22.91g (7.64%), Net Carbohydrates: 18.65g (6.78%), Sugar: 8.53g (9.47%), Cholesterol: 60.64mg (20.21%), Sodium: 1203.82mg (52.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.84g (43.69%), Selenium: 20.62µg (29.46%), Phosphorus: 290.52mg (29.05%), Vitamin A: 1248.55IU (24.97%), Vitamin B3: 4.68mg (23.38%), Calcium: 188.71mg (18.87%), Fiber: 4.26g (17.03%), Vitamin B6: 0.32mg (16.04%), Zinc: 2mg (13.31%), Vitamin B2: 0.2mg (11.82%), Iron: 1.84mg (10.2%), Vitamin K: 10.56µg (10.06%), Magnesium: 40.12mg (10.03%), Vitamin C: 6.64mg (8.05%), Manganese: 0.16mg (7.79%), Potassium: 267.62mg (7.65%), Vitamin B5: 0.68mg (6.77%), Vitamin B12: 0.38µg (6.29%), Vitamin B1: 0.08mg (5.61%), Folate: 21.27µg (5.32%), Copper: 0.1mg (5%), Vitamin E: 0.63mg (4.18%)