



Chicken Enchiladas

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 rotisserie chicken breasts shredded store-bought
- 1 chile yellow (guero)
- 6 6-inch corn tortillas ()
- 0.5 cup cilantro leaves fresh loosely packed
- 2 cloves garlic
- 0.5 cup crema mexicana sour
- 1 cup monterrey jack cheese shredded
- 6 servings salt and pepper black freshly ground

- 1 serrano chile
- 9 tomatillos husked rinsed
- 0.3 cup vegetable oil
- 0.5 medium onion white

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- blender
- glass baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Put the tomatillos, onion, serrano, yellow chile and 3/4 cup water in a medium, heavy saucepan. Bring to a boil over medium-high heat. Cover and boil until the tomatillos turn olive-green color, about 10 minutes.
- Transfer the tomatillos, onion and chiles to a blender.
- Add the garlic and cilantro and blend until smooth. Season with salt and pepper.
- Heat the oil in a small skillet over medium-high heat. Fry the tortillas until golden but still pliable, about 10 seconds per side.
- Transfer to paper towels to drain.
- Put the tortillas on a work surface. Divide the shredded chicken evenly among the tortillas and roll up each like a cigar.
- Spread 1/3 cup sauce in a 9 by 13-inch glass baking dish. Arrange the enchiladas, seam-side down, in one layer snugly inside the dish.
- Pour the remaining sauce over the enchiladas.
- Drizzle with the Mexican crema and sprinkle the cheese all over.

Bake until the cheese melts and starts to brown in spots, about 30 minutes.

Serve immediately.

Nutrition Facts

PROTEIN 38.98% **FAT 49.81%** **CARBS 11.21%**

Properties

Glycemic Index:40.58, Glycemic Load:5.61, Inflammation Score:-4, Nutrition Score:8.9552173044371%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 635.59kcal (31.78%), Fat: 35.53g (54.66%), Saturated Fat: 9.52g (59.51%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 15g (5.45%), Sugar: 3.82g (4.25%), Cholesterol: 219.18mg (73.06%), Sodium: 902.38mg (39.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.56g (125.12%), Vitamin K: 27.84µg (26.52%), Vitamin C: 18.54mg (22.48%), Calcium: 203.01mg (20.3%), Phosphorus: 193.76mg (19.38%), Fiber: 3g (11.98%), Manganese: 0.23mg (11.39%), Magnesium: 37.63mg (9.41%), Vitamin A: 463.55IU (9.27%), Vitamin B6: 0.17mg (8.45%), Vitamin E: 1.15mg (7.69%), Vitamin B3: 1.49mg (7.47%), Potassium: 253.16mg (7.23%), Zinc: 1.07mg (7.17%), Vitamin B2: 0.12mg (7.14%), Selenium: 4.82µg (6.88%), Copper: 0.11mg (5.41%), Iron: 0.93mg (5.16%), Vitamin B1: 0.06mg (4.19%), Folate: 12.83µg (3.21%), Vitamin B12: 0.16µg (2.61%), Vitamin B5: 0.19mg (1.88%)