



## Chicken Enchiladas

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups chicken broth
- 1 teaspoon chili powder
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- 8 corn tortillas soft
- 1 bay leaf fresh
- 0.3 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 2.5 cups monterrey jack cheese shredded

- 1 small onion quartered
- 2 sprigs oregano fresh
- 2 teaspoons cayenne pepper sauce hot
- 4 servings salt
- 4 pieces chicken breast boneless skinless
- 2 tablespoons tomato paste
- 2 cups tomato sauce

## Equipment

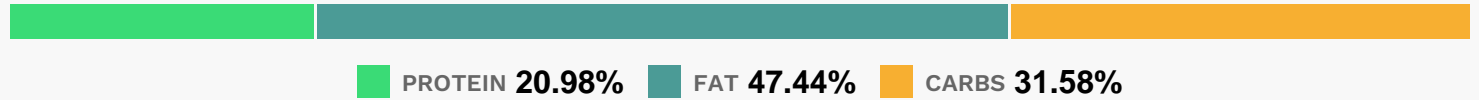
- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- broiler

## Directions

- Watch how to make this recipe.
- Preheat the oven to 275 degrees F.
- Wrap corn tortillas in foil and warm in the oven. Bring broth to a boil in a saute pan. Set chicken into broth with bay and oregano and onion. Return to a boil, cover and reduce heat to simmer. Poach chicken in broth 10 minutes.
- Remove chicken breasts to a bowl and shred with 2 forks.
- Add 1/2 cup of cooking liquid and tomato paste, spices and salt and work through the chicken using the forks.
- Combine all sauce ingredients and heat through, keeping warm until needed.
- Remove tortillas from oven and switch broiler on high.
- Pile chicken mixture into warm corn tortillas and roll. Line casserole or baking dish with enchiladas, seam side down.
- Pour hot tomato sauce over the chicken enchiladas and top with cheese.

- Place in enchiladas in hot oven 6 inches from broiler and broil 5 minutes to melt cheese and set enchiladas.
- Serve.
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- var a = axel \* 1000000000000000
- document.write("")

## Nutrition Facts



### Properties

Glycemic Index:60.38, Glycemic Load:13.3, Inflammation Score:-9, Nutrition Score:21.469565163488%

### Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

### Nutrients (% of daily need)

Calories: 442.38kcal (22.12%), Fat: 24.17g (37.19%), Saturated Fat: 13.9g (86.88%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 29.28g (10.65%), Sugar: 7.88g (8.75%), Cholesterol: 67.02mg (22.34%), Sodium: 1958.35mg (85.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.06g (48.11%), Calcium: 627.12mg (62.71%), Phosphorus: 540.81mg (54.08%), Vitamin A: 1938.62IU (38.77%), Vitamin B2: 0.54mg (31.56%), Manganese: 0.56mg (28.21%), Fiber: 6.91g (27.64%), Selenium: 16.05µg (22.93%), Zinc: 3.4mg (22.67%), Vitamin E: 3.39mg (22.63%), Magnesium: 89.67mg (22.42%), Potassium: 721.74mg (20.62%), Iron: 3.7mg (20.56%), Vitamin B6: 0.39mg (19.71%), Copper: 0.33mg (16.57%), Vitamin B3: 3.09mg (15.45%), Vitamin C: 12.48mg (15.13%), Vitamin K: 14.32µg (13.64%), Vitamin B12: 0.62µg (10.39%), Vitamin B1: 0.15mg (10.01%), Folate: 34.47µg (8.62%), Vitamin B5: 0.67mg (6.65%), Vitamin D: 0.42µg (2.83%)