



## Chicken Enchiladas

READY IN



75 min.

SERVINGS



8

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 chipotle sauce canned minced seeded
- 28 ounce canned tomatoes canned
- 1 cup cheddar and jack cheeses shredded
- 1 leaves garnish: cilantro scallions sour chopped
- 16 corn tortillas
- 2 teaspoons cumin powder
- 1.5 cups enchilada sauce canned
- 0.5 teaspoon flour all-purpose
- 1 cup regular corn frozen thawed

- 2 cloves garlic minced
- 2 teaspoons garlic powder
- 5 chiles whole green canned seeded coarsely chopped
- 1 onion red chopped
- 8 servings salt and pepper
- 1.5 pounds chicken breast boneless skinless
- 1 teaspoon mexican spice blend
- 3 tablespoons vegetable oil

## Equipment

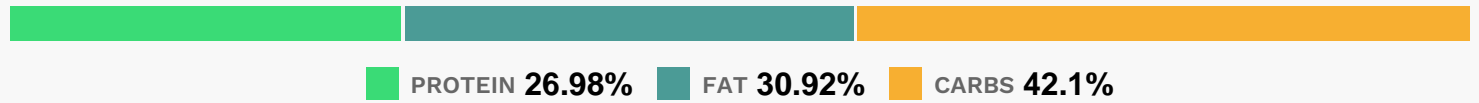
- bowl
- frying pan
- ladle
- oven
- microwave

## Directions

- Watch how to make this recipe.
- Coat large saute pan with oil. Season chicken with salt and pepper. Brown chicken over medium heat, allow 7 minutes each side or until no longer pink.
- Sprinkle chicken with cumin, garlic powder and Mexican spices before turning.
- Remove chicken to a platter, allow to cool.
- Saute onion and garlic in chicken drippings until tender.
- Add corn and chiles. Stir well to combine.
- Add canned tomatoes, saute 1 minute.
- Pull chicken breasts apart by hand into shredded strips.
- Add shredded chicken to saute pan, combine with vegetables. Dust the mixture with flour to help set.

- Microwave tortillas on high for 30 seconds. This softens them and makes them more pliable. Coat the bottom of 2 (13 by 9-inch) pans with a ladle of enchilada sauce. Using a large shallow bowl, dip each tortilla in enchilada sauce to lightly coat. Spoon 1/4 cup chicken mixture in each tortilla. Fold over filling, place 8 enchiladas in each pan with seam side down. Top with remaining enchilada sauce and cheese.
- Bake for 15 minutes in a preheated 350 degree F oven until cheese melts.
- Garnish with cilantro, scallion, sour cream and chopped tomatoes before serving.
- Serve with Spanish rice and beans.

## Nutrition Facts



### Properties

Glycemic Index:36.81, Glycemic Load:12.65, Inflammation Score:-7, Nutrition Score:21.930000051208%

### Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

### Nutrients (% of daily need)

Calories: 401.22kcal (20.06%), Fat: 14.19g (21.83%), Saturated Fat: 4.3g (26.86%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 35.57g (12.93%), Sugar: 9.02g (10.02%), Cholesterol: 68.56mg (22.85%), Sodium: 935.12mg (40.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.85g (55.71%), Vitamin B3: 11.31mg (56.54%), Selenium: 35.6µg (50.86%), Vitamin B6: 0.99mg (49.71%), Phosphorus: 468.18mg (46.82%), Fiber: 7.9g (31.61%), Manganese: 0.48mg (24.24%), Magnesium: 95.53mg (23.88%), Potassium: 823.9mg (23.54%), Calcium: 200.85mg (20.09%), Iron: 3.52mg (19.55%), Vitamin K: 19.46µg (18.54%), Vitamin C: 14.09mg (17.08%), Vitamin B5: 1.7mg (16.98%), Copper: 0.32mg (16.01%), Vitamin B2: 0.26mg (15.43%), Vitamin E: 2.21mg (14.74%), Zinc: 2.2mg (14.69%), Vitamin B1: 0.22mg (14.63%), Vitamin A: 709.16IU (14.18%), Folate: 35.26µg (8.81%), Vitamin B12: 0.32µg (5.33%), Vitamin D: 0.17µg (1.13%)