



Chicken Enchiladas

READY IN



85 min.

SERVINGS



6

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large bay leaf
- 3 tablespoons butter
- 32 ounce tomato sauce canned
- 2 cups chicken stock see
- 4 new mexico chile peppers dried red stemmed
- 1 Handful cilantro leaves fresh coarsely chopped
- 1 cinnamon sticks
- 12 corn tortillas warmed
- 2 cloves garlic finely chopped

- 2 cloves garlic peeled
- 1.5 pounds ground chicken
- 1.5 teaspoons ground coriander
- 1.5 teaspoons ground cumin
- 6 servings kosher salt and pepper freshly ground
- 1 onion small to medium chopped
- 1 onion small to medium peeled
- 1.5 teaspoons paprika
- 8 ounces queso fresco crumbled
- 1 cup rice long-grain
- 1 pinch saffron threads generous
- 0.5 cup slivered almonds toasted
- 0.3 cup broken spaghetti
- 1 tomatoes ripe
- 1 tablespoon vegetable oil

Equipment

- food processor
- frying pan
- sauce pan
- oven
- casserole dish
- wooden spoon
- spatula

Directions

- Heat the butter in a saucepan over medium heat.
- Add the pasta and toast until golden. Grate the garlic, onion and tomato into the pan. Stir in the rice, then add the stock and saffron and season with salt and pepper. Bring to a boil, then

reduce the heat to a simmer, cover and cook until the liquid has been absorbed and the rice is tender, about 18 minutes. Fluff with a fork and remove from the heat.

- For the enchilada sauce: Toast the dried chile peppers in a skillet or saucepan over medium heat, pressing flat with a metal spatula and turning occasionally, 1 to 2 minutes.
- Add the stock and simmer until the chiles are soft.
- Transfer the chiles and stock to a food processor and puree until smooth. Wipe out the skillet and return to the heat.
- Add the oil, garlic and onions and cook until soft.
- Add the bay leaf, cinnamon stick, tomato sauce and chile puree and simmer until slightly thickened, 15 to 20 minutes. Stir in the almonds and remove from the heat.
- For the enchiladas: Preheat the oven to 400 degrees F.
- Heat the oil in a nonstick skillet over medium-high heat.
- Add the ground chicken and cook, crumbling with a wooden spoon, until browned. Stir in the coriander, cumin and paprika and season with salt and pepper.
- Dip a warm tortilla in the sauce, fill with some of the rice and chicken and roll up.
- Place the enchilada seam-side down in a casserole dish. Repeat with the remaining tortillas.
- Pour the remaining sauce over the enchiladas in an even layer.
- Bake until heated through, 30 to 35 minutes. Top with the queso fresco and cilantro.

Nutrition Facts

 PROTEIN 20.55%  **FAT 38.97%**  **CARBS 40.48%**

Properties

Glycemic Index:97.11, Glycemic Load:33.69, Inflammation Score:-9, Nutrition Score:37.775652429332%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 777.05kcal (38.85%), Fat: 34.41g (52.94%), Saturated Fat: 12.48g (77.99%), Carbohydrates: 80.44g (26.81%), Net Carbohydrates: 70.81g (25.75%), Sugar: 12.55g (13.94%), Cholesterol: 141.05mg (47.02%), Sodium: 1454.88mg (63.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.83g (81.65%), Vitamin C: 60.36mg (73.17%), Phosphorus: 716.71mg (71.67%), Manganese: 1.32mg (65.98%), Vitamin B6: 1.25mg (62.71%), Vitamin B3: 11.57mg (57.86%), Selenium: 38.93µg (55.62%), Potassium: 1642.57mg (46.93%), Vitamin B2: 0.72mg (42.3%), Vitamin E: 6.01mg (40.08%), Fiber: 9.62g (38.49%), Magnesium: 153.58mg (38.4%), Vitamin A: 1895.49IU (37.91%), Calcium: 357.93mg (35.79%), Copper: 0.67mg (33.47%), Zinc: 4.86mg (32.4%), Iron: 5.08mg (28.24%), Vitamin B5: 2.47mg (24.71%), Vitamin B1: 0.36mg (24.1%), Vitamin B12: 1.28µg (21.37%), Vitamin K: 19.06µg (18.15%), Folate: 50.77µg (12.69%), Vitamin D: 1.02µg (6.8%)