



Chicken Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 4 ounce chiles green drained chopped canned
- 14.5 ounce canned tomatoes diced undrained canned
- 1 tablespoon chili powder
- 12 6-inch corn tortillas ()
- 1.5 teaspoons ground cumin
- 8 ounce cream cheese light
- 2 teaspoons olive oil

- 2 cups onion chopped
- 0.5 teaspoon salt
- 4 ounces sharp cheddar cheese shredded reduced-fat
- 1.5 pounds chicken breast halves boneless skinless
- 0.5 cup water

Equipment

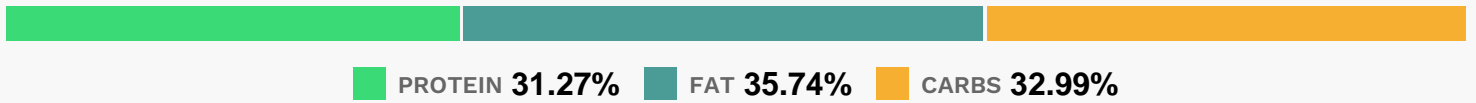
- bowl
- frying pan
- sauce pan
- oven
- blender
- baking pan

Directions

- Preheat oven to 35
- Place chicken in a medium saucepan and cover with water. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until tender.
- Drain chicken, and cool slightly. Shred chicken with 2 forks, and place in a large bowl.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion; saut 5 minutes or until tender.
- Add half of onion to chicken.
- Place remaining half of onion, 1/2 cup water, and next 6 ingredients in a blender; process until smooth.
- Add 1/2 cup tomato mixture and cream cheese to chicken mixture.
- Spread 1/2 cup tomato mixture in bottom of a 13 x 9inch baking dish coated with cooking spray; return remaining tomato mixture to pan.
- Heat over low heat until warm; keep warm.
- Working with 1 tortilla at a time, dip tortilla in warm sauce in pan, coating both sides.

- Place on a plate; spoon 3 tablespoons chicken filling onto each tortilla; roll up, and place in dish. Spoon remaining sauce over enchiladas in dish.
- Sprinkle enchiladas with cheddar cheese.
- Bake, uncovered, at 350 for 30 minutes or until thoroughly heated.
- Garnish with green onions and cilantro, if desired.
- These enchiladas were relatively simple to prepare, and the recipe called for ingredients that I would ordinarily already have in my kitchen, which is great! I might replace the can of mild chili peppers with one or two fresh jalapeo peppers for a bit more spice. Peggy Christoffer

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:12.71, Inflammation Score:-8, Nutrition Score:25.499564958655%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 460.79kcal (23.04%), Fat: 18.56g (28.56%), Saturated Fat: 8.23g (51.43%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 32.2g (11.71%), Sugar: 8.1g (9%), Cholesterol: 111.89mg (37.3%), Sodium: 799.39mg (34.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.54g (73.08%), Vitamin B3: 13.86mg (69.31%), Selenium: 47.36µg (67.66%), Vitamin B6: 1.21mg (60.67%), Phosphorus: 591.66mg (59.17%), Calcium: 290.24mg (29.02%), Potassium: 961.38mg (27.47%), Fiber: 6.36g (25.46%), Magnesium: 99.15mg (24.79%), Vitamin B5: 2.36mg (23.56%), Manganese: 0.45mg (22.39%), Vitamin C: 18.12mg (21.97%), Vitamin B2: 0.37mg (21.8%), Vitamin A: 1007.86IU (20.16%), Zinc: 2.63mg (17.51%), Iron: 3mg (16.64%), Vitamin B1: 0.23mg (15.1%), Copper: 0.3mg (14.92%), Vitamin E: 2.19mg (14.61%), Vitamin B12: 0.77µg (12.91%), Folate: 47.98µg (12%), Vitamin K: 7.45µg (7.1%), Vitamin D: 0.34µg (2.27%)