



Chicken Enchiladas

 Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 corn tortillas heated mission®
- ☐ 10 ounce enchilada sauce canned
- ☐ 2 cloves garlic minced
- ☐ 4 ounce chilies green chopped canned
- ☐ 0.5 cup jalapeno jack cheese shredded
- ☐ 1 onion chopped
- ☐ 1 pound meat from a rotisserie chicken shredded cooked
- ☐ 1 tablespoon vegetable oil

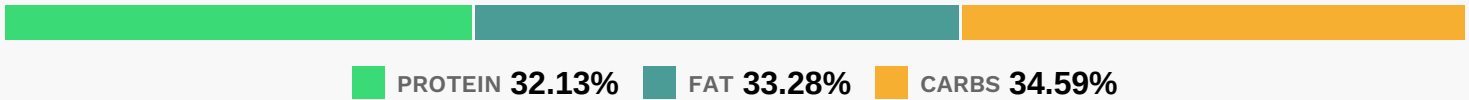
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Saute onion and garlic in a large oiled skillet over medium heat, about 5 minutes.
- ☐ Add chilies, chicken, and enchilada sauce; cook 2 minutes. Fold in cheese.
- ☐ Remove from heat.
- ☐ Fill each tortilla with 1/3 cup of chicken mixture and roll up.
- ☐ Place seam side down in an oiled (pan spray) baking pan. (tip: Dip each warmed tortilla in water, shake off excess before filling with ingredients.)
- ☐ Sprinkle with cheese.
- ☐ Bake at 375 degrees F for 10 minutes. Broil for 5 minutes and serve hot.

Nutrition Facts



Properties

Glycemic Index:26.9, Glycemic Load:10.64, Inflammation Score:-6, Nutrition Score:13.925217428933%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 370.44kcal (18.52%), Fat: 13.67g (21.03%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 31.96g (10.65%), Net Carbohydrates: 26.57g (9.66%), Sugar: 6g (6.66%), Cholesterol: 78.1mg (26.03%), Sodium: 727.43mg (31.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.69g (59.37%), Vitamin B3: 7.97mg (39.87%), Phosphorus: 395.85mg (39.58%), Selenium: 27.41µg (39.15%), Vitamin B6: 0.54mg (26.8%), Fiber: 5.39g (21.55%), Zinc: 2.45mg (16.34%), Magnesium: 62.04mg (15.51%), Calcium: 144.54mg (14.45%), Vitamin B2: 0.22mg (12.85%), Iron: 2.23mg

(12.37%), Manganese: 0.23mg (11.73%), Vitamin A: 503.86IU (10.08%), Potassium: 350.55mg (10.02%), Vitamin B5: 1mg (9.96%), Vitamin B1: 0.12mg (7.96%), Copper: 0.15mg (7.38%), Vitamin C: 5.86mg (7.1%), Vitamin B12: 0.36µg (5.95%), Vitamin K: 5.39µg (5.14%), Folate: 13.39µg (3.35%), Vitamin E: 0.4mg (2.69%)