



## Chicken Enchiladas

 Gluten Free

READY IN



112 min.

SERVINGS



6

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon peppercorns whole black
- ☐ 1 large carrots peeled cut into 1/2-inch pieces
- ☐ 1 celery stalks coarsely chopped
- ☐ 12 6-inch corn tortillas ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 5 garlic clove crushed
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red

- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1 jalapeno halved
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups beef broth fat-free
- ☐ 0.5 medium onion cut into wedges
- ☐ 7 ounce salsa verde canned
- ☐ 0.3 cup sharp cheddar cheese shredded
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 1 cup tomatoes seeded chopped
- ☐ 4 cups water cold

## Equipment

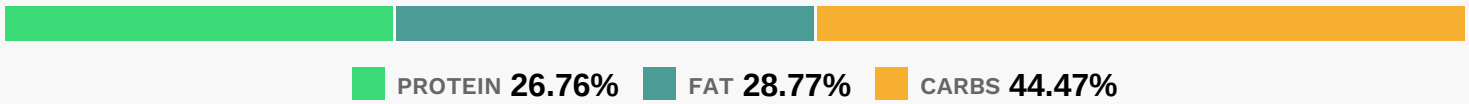
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ slotted spoon

## Directions

- ☐ Combine first 9 ingredients in a saucepan over medium heat; bring to a simmer. Cook 8 minutes or until chicken is done.
- ☐ Remove chicken from pan with a slotted spoon; let stand 10 minutes. Shred the chicken; set aside.
- ☐ Drain cooking liquid through a sieve over a bowl; reserve liquid. Discard solids.
- ☐ Combine the reserved cooking liquid and salsa verde in a saucepan; bring to a boil over medium-high heat. Cook until reduced to 1 1/2 cups (about 30 minutes). Reduce heat to low; stir in whipping cream.
- ☐ Place pan over low heat.

- ☐
- Preheat oven to 40
- ☐
- Place chicken in a medium bowl.
- ☐
- Add tomato and next 5 ingredients (through cream cheese) to chicken; toss. Dip each tortilla in sauce mixture for 10 seconds. Fill each tortilla with about 1/3 cup chicken mixture; roll up. Arrange filled tortillas, seam sides down, in an 11 x 7inch glass or ceramic baking dish coated with cooking spray. Spoon sauce over tortillas; top with cheddar cheese.
- ☐
- Bake at 400 for 20 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:64.06, Glycemic Load:11.39, Inflammation Score:-9, Nutrition Score:16.057826140653%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 274.25kcal (13.71%), Fat: 8.87g (13.64%), Saturated Fat: 3.79g (23.69%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 26.16g (9.51%), Sugar: 4.6g (5.11%), Cholesterol: 52.2mg (17.4%), Sodium: 623.75mg (27.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.56g (37.12%), Vitamin A: 2748.75IU (54.97%), Vitamin B3: 7.07mg (35.35%), Selenium: 23.47µg (33.53%), Phosphorus: 331.1mg (33.11%), Vitamin B6: 0.64mg (32.13%), Manganese: 0.5mg (25.18%), Potassium: 705.18mg (20.15%), Fiber: 4.67g (18.7%), Magnesium: 65.62mg (16.41%), Vitamin C: 10.61mg (12.86%), Calcium: 112.71mg (11.27%), Vitamin B5: 1.03mg (10.27%), Vitamin K: 9.67µg (9.21%), Zinc: 1.38mg (9.17%), Vitamin B2: 0.15mg (9.07%), Copper: 0.18mg (9.06%), Vitamin B1: 0.12mg (7.97%), Iron: 1.33mg (7.39%), Vitamin E: 0.75mg (4.98%), Folate: 15.75µg (3.94%), Vitamin B12: 0.18µg (2.99%), Vitamin D: 0.24µg (1.62%)