

Chicken Enchiladas

READY IN



60 min.

SERVINGS



6

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 14.5 ounce chicken broth canned
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 6 ounce cream cheese cubed
- ☐ 10 7-inch flour tortillas ()
- ☐ 2 garlic cloves minced
- ☐ 18 ounce chiles diced green canned
- ☐ 1 teaspoon ground cumin
- ☐ 1 small onion chopped

- ☐ 2 large onions thinly sliced
- ☐ 2 teaspoons oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup roasted bell pepper diced red
- ☐ 0.5 cup salsa
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces cheddar cheese shredded
- ☐ 0.5 teaspoon sugar

Equipment

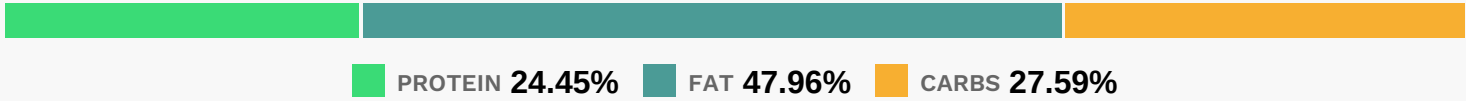
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat, stirring often; add sliced onions, and cook 20 minutes or until caramelized. Reduce heat to low, and add chopped chicken and next 4 ingredients, stirring until combined. Set aside.
- ☐ Pulse chiles and next 5 ingredients in blender or food processor several times until combined.
- ☐ Bring chile mixture and chicken broth to a boil in a saucepan over high heat; cook 5 minutes or until slightly thickened. (
- ☐ Mixture should be the consistency of a thin gravy.)
- ☐ Remove from heat, and stir in salsa.
- ☐ Spread one third chile mixture evenly on bottom of a lightly greased 13- x 9-inch baking dish.
- ☐ Spoon chicken mixture evenly down center of each tortilla; roll up, and place, seam side down, in prepared baking dish. Top with remaining chile mixture; sprinkle with cheese.
- ☐ Bake at 375 for 20 to 25 minutes or until bubbly.

- ☐
- Note: Freeze chile mixture and filled tortillas separately up to 1 month, if desired. Thaw in refrigerator overnight. Prepare and bake as directed.
- ☐
- To lighten: Substitute 1/3-less-fat cream cheese, 2% reduced-fat Cheddar cheese, and fat-free tortillas.

Nutrition Facts



Properties

Glycemic Index:55.68, Glycemic Load:14.26, Inflammation Score:-9, Nutrition Score:29.373478630315%

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: 3.09mg, Isorhamnetin: 3.09mg, Isorhamnetin: 3.09mg, Isorhamnetin: 3.09mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.54mg, Quercetin: 12.54mg, Quercetin: 12.54mg, Quercetin: 12.54mg

Nutrients (% of daily need)

Calories: 783.09kcal (39.15%), Fat: 41.64g (64.06%), Saturated Fat: 20.08g (125.53%), Carbohydrates: 53.89g (17.96%), Net Carbohydrates: 47.82g (17.39%), Sugar: 7.86g (8.73%), Cholesterol: 145.72mg (48.57%), Sodium: 2035.49mg (88.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.77g (95.54%), Selenium: 55.35µg (79.08%), Phosphorus: 597.75mg (59.77%), Calcium: 494.63mg (49.46%), Vitamin B3: 9.72mg (48.62%), Vitamin C: 39.84mg (48.29%), Vitamin B2: 0.65mg (37.96%), Folate: 148.43µg (37.11%), Iron: 6.27mg (34.83%), Vitamin B6: 0.66mg (33.24%), Vitamin B1: 0.49mg (32.33%), Zinc: 4.65mg (31.03%), Manganese: 0.59mg (29.41%), Vitamin A: 1305.68IU (26.11%), Fiber: 6.07g (24.27%), Vitamin B12: 1.29µg (21.52%), Potassium: 653.74mg (18.68%), Magnesium: 70.05mg (17.51%), Vitamin K: 14.4µg (13.71%), Copper: 0.22mg (11.14%), Vitamin B5: 1.11mg (11.11%), Vitamin E: 1.27mg (8.44%), Vitamin D: 0.3µg (1.97%)