



Chicken Enchiladas

READY IN



55 min.

SERVINGS



4

CALORIES



961 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter divided
- ☐ 0.8 cup chicken broth
- ☐ 1 leaves toppings: cilantro tomato fresh shredded chopped
- ☐ 12 oz colby-jack cheese blend shredded divided
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 8-inch taco-size flour tortillas soft ()
- ☐ 12 oz chiles diced green divided canned
- ☐ 0.5 cup milk

- ☐ 1 medium onion chopped
- ☐ 1 medium size bell pepper red chopped

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350
- ☐ Melt 2 Tbsp. butter in a large skillet over medium heat; add onion and bell pepper, and saut 5 minutes or until tender.
- ☐ Stir together onion mixture, chicken, 1 can diced green chiles, and 2 cups shredded cheese. Spoon a heaping 1/3 cupful chicken mixture on 1 end of each tortilla, and roll up. Arrange enchiladas, seam sides down, in a lightly greased 13- x 9-inch baking dish.
- ☐ Bake at 350 for 10 minutes.
- ☐ Meanwhile, melt remaining 3 Tbsp. butter in a heavy saucepan over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in chicken broth and milk; cook over medium heat, whisking constantly, 3 to 4 minutes or until thickened and bubbly.
- ☐ Remove from heat, and stir in remaining 2 cans green chiles.
- ☐ Remove enchiladas from oven.
- ☐ Pour green chile mixture over enchiladas.
- ☐ Sprinkle with remaining 1 cup cheese.
- ☐ Bake at 350 for 20 to 25 minutes or until bubbly.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:19.48, Inflammation Score:-9, Nutrition Score:36.269130686055%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 960.82kcal (48.04%), Fat: 55.74g (85.75%), Saturated Fat: 31.05g (194.08%), Carbohydrates: 65.35g (21.78%), Net Carbohydrates: 59.14g (21.5%), Sugar: 8.33g (9.25%), Cholesterol: 175.46mg (58.49%), Sodium: 1944.52mg (84.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.14g (98.29%), Vitamin C: 69.24mg (83.92%), Calcium: 822.99mg (82.3%), Phosphorus: 799.13mg (79.91%), Selenium: 54.92µg (78.46%), Vitamin B3: 11.32mg (56.6%), Vitamin B2: 0.86mg (50.61%), Vitamin A: 2402.97IU (48.06%), Folate: 186.95µg (46.74%), Vitamin B1: 0.66mg (44.21%), Iron: 6.72mg (37.34%), Vitamin B6: 0.66mg (32.85%), Manganese: 0.64mg (32.11%), Zinc: 4.61mg (30.74%), Fiber: 6.21g (24.85%), Potassium: 657.33mg (18.78%), Magnesium: 74.28mg (18.57%), Vitamin B12: 1.11µg (18.54%), Vitamin B5: 1.38mg (13.79%), Vitamin K: 12.56µg (11.96%), Copper: 0.21mg (10.5%), Vitamin E: 1.16mg (7.71%), Vitamin D: 0.85µg (5.64%)