



Chicken Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 32 ounce chicken thighs bone-in
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 1 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 9 6-inch corn tortillas divided ()
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 3 garlic cloves minced

- ☐ 2 green onions thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 2 tablespoons olive oil divided
- ☐ 2 cups onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 ounce cheddar cheese shredded
- ☐ 0.8 cup water

Equipment

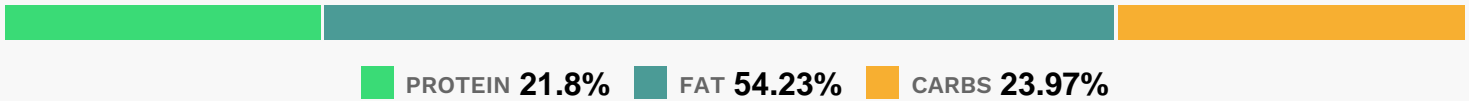
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 37
- ☐ Heat 1 tablespoon oil in a large ovenproof skillet over medium-high heat.
- ☐ Add chicken to pan; saut 6 minutes on each side.
- ☐ Place skillet in oven; bake at 375 for 10 minutes or until done.
- ☐ Remove chicken from pan; let stand 15 minutes.
- ☐ Remove meat from bones; shred. Discard bones.
- ☐ Place chicken in a medium bowl; stir in cream cheese, 2 tablespoons cilantro, 1/4 teaspoon salt, and 1/4 teaspoon black pepper.
- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add remaining 1 tablespoon oil to pan, and swirl to coat.
- ☐ Add onion, and saut for 5 minutes or until tender, stirring occasionally.

- ☐ Add garlic; saut for 30 seconds, stirring constantly.
- ☐ Remove 3 tablespoons onion mixture; add to chicken.
- ☐ Add chili powder, red pepper, and cumin to remaining onion mixture in pan; saut 30 seconds, stirring constantly. Stir in chicken broth, 3/4 cup water, and tomatoes; bring to a boil. Tear 1 tortilla into small pieces; add to tomato mixture. Reduce heat to medium, and simmer 30 minutes, stirring occasionally.
- ☐ Remove from heat; let stand 10 minutes. Carefully pour tomato mixture into a blender, and process until smooth.
- ☐ Spread 1/2 cup tomato mixture in the bottom of an 11 x 7inch glass or ceramic baking dish lightly coated with cooking spray. Warm remaining 8 tortillas according to package directions. Spoon about 1/4 cup chicken mixture down center of each tortilla; roll up.
- ☐ Place seam-side down in prepared dish.
- ☐ Pour remaining tomato mixture over filled tortillas.
- ☐ Sprinkle filled tortillas with cheddar cheese.
- ☐ Bake at 375 for 25 minutes or until bubbly and lightly browned.
- ☐ Sprinkle with green onions.
- ☐ Wine note: These Chicken Enchiladas use thigh meat and spices for big flavor. In this case, using a light-bodied red blend like Goats do Roam Wine Company Red 2008 (\$
- ☐ fits perfectly with the fiesta. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:76.38, Glycemic Load:15.46, Inflammation Score:-8, Nutrition Score:27.623478365981%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 17.03mg, Quercetin: 17.03mg, Quercetin: 17.03mg, Quercetin: 17.03mg

Nutrients (% of daily need)

Calories: 715.97kcal (35.8%), Fat: 43.73g (67.28%), Saturated Fat: 11.33g (70.79%), Carbohydrates: 43.51g (14.5%), Net Carbohydrates: 36.01g (13.1%), Sugar: 8.77g (9.74%), Cholesterol: 196.01mg (65.34%), Sodium: 749.72mg (32.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.55g (79.11%), Selenium: 44.38µg (63.4%), Phosphorus: 591.88mg (59.19%), Vitamin B3: 11.64mg (58.18%), Vitamin B6: 1.1mg (55.08%), Manganese: 0.6mg (30.09%), Fiber: 7.49g (29.97%), Magnesium: 113.84mg (28.46%), Potassium: 989.8mg (28.28%), Vitamin K: 28.22µg (26.87%), Zinc: 3.95mg (26.34%), Vitamin B5: 2.53mg (25.29%), Vitamin B2: 0.43mg (25.05%), Vitamin B12: 1.42µg (23.71%), Copper: 0.45mg (22.44%), Iron: 3.98mg (22.1%), Vitamin B1: 0.33mg (21.9%), Vitamin E: 3.24mg (21.61%), Vitamin C: 17.46mg (21.17%), Calcium: 182.28mg (18.23%), Vitamin A: 773.17IU (15.46%), Folate: 43.79µg (10.95%), Vitamin D: 0.24µg (1.57%)