



Chicken Enchiladas (Enchiladas de Pollo)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



851 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups chicken stock see
- ☐ 8 corn tortillas
- ☐ 4 servings crema fresca sour
- ☐ 4 servings cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 cups monterrey jack cheese
- ☐ 2 tablespoons olive oil

- ☐ 4 servings salsa for garnish
- ☐ 4 servings salt and pepper
- ☐ 4 cups meat from a rotisserie chicken shredded cooked
- ☐ 4 cups tomatoes chopped
- ☐ 4 servings vegetable oil

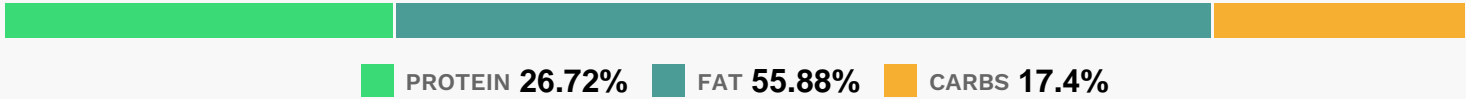
Equipment

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

Directions

- ☐ To make the sauce: In a large fry pan over high heat, warm the olive oil.
- ☐ Add the garlic and chili and sauté until just golden, 5 to 7 minutes. Stir in the cumin and sauté until fragrant, about 30 seconds more.
- ☐ Add the tomatoes, salt, pepper and the broth. Stir and cook over medium-low heat for about 15 minutes. In a food processor or blender, process the sauce mixture to a smooth puree, in batches if necessary. Return the puree to the pan and set over medium heat for 5 minutes more & set aside. Heat vegetable oil in a large fry pan over medium heat. One at a time, heat the tortillas in the hot pan until softened, about 20 seconds per side. Lightly oil a baking dish large enough to hold 8 enchiladas side by side.
- ☐ Place shredded chicken down the center of a tortilla, sprinkle the filling with 2 Tbs. of the cheese and 2 tablespoons of sauce.
- ☐ Roll up the tortilla and place it in the dish, seam side down. Repeat until you have formed all 8 enchiladas.
- ☐ Drizzle the reserved sauce over the top of the enchiladas and sprinkle with the remaining cheese.⁷
- ☐ Bake the enchiladas until the filling is bubbling and the cheese is melted and golden, about 20 minutes. Carefully transfer 2 enchiladas to each of the 4 plates, garnish with the sour cream, salsa and fresh cilantro and serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:11.9, Inflammation Score:-9, Nutrition Score:32.147391350373%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 850.92kcal (42.55%), Fat: 53.08g (81.66%), Saturated Fat: 18.31g (114.46%), Carbohydrates: 37.18g (12.39%), Net Carbohydrates: 31.46g (11.44%), Sugar: 8.21g (9.12%), Cholesterol: 165.96mg (55.32%), Sodium: 1054.87mg (45.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.1g (114.2%), Phosphorus: 775.2mg (77.52%), Vitamin B3: 15.04mg (75.22%), Selenium: 49.51µg (70.73%), Calcium: 526.65mg (52.66%), Vitamin B6: 1.02mg (50.76%), Vitamin K: 45.27µg (43.11%), Vitamin A: 1976.18IU (39.52%), Vitamin B2: 0.62mg (36.71%), Zinc: 5.07mg (33.79%), Potassium: 1053.9mg (30.11%), Magnesium: 110.79mg (27.7%), Vitamin C: 22.12mg (26.81%), Vitamin E: 3.73mg (24.9%), Fiber: 5.72g (22.87%), Manganese: 0.45mg (22.69%), Iron: 3.79mg (21.04%), Copper: 0.36mg (18.14%), Vitamin B5: 1.79mg (17.88%), Vitamin B1: 0.26mg (17.4%), Vitamin B12: 0.9µg (15%), Folate: 50.27µg (12.57%), Vitamin D: 0.34µg (2.26%)