



Chicken Enchiladas Suizas

 Gluten Free

READY IN



125 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 3 sprigs cilantro leaves fresh plus more for topping
- 2 cloves garlic
- 6 servings kosher salt
- 2 cups chicken broth low-sodium
- 0.5 cup crema mexicana sour plus more for topping
- 1 large onion diced white sliced into rings
- 2 pounds plum tomatoes

- 0.8 cup queso fresco crumbled
- 1 serrano chile peppers stemmed
- 2 pounds skin-on bone-in
- 2 tablespoons vegetable oil for frying
- 12 corn tortillas white

Equipment

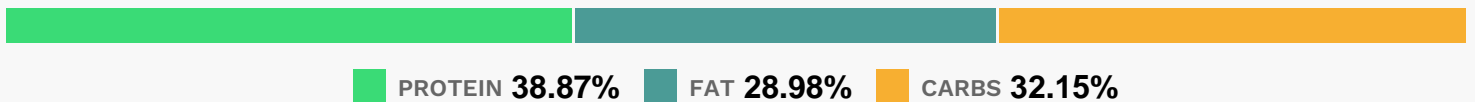
- bowl
- baking sheet
- oven
- pot
- blender
- baking pan
- aluminum foil
- broiler
- tongs

Directions

- Put the chicken in a medium pot with 3 cups water, the broth, garlic, bay leaves and cilantro; season with salt. Cover and bring to a boil over medium-high heat. Reduce the heat to medium low and gently simmer, turning the chicken as needed, until cooked through, about 30 minutes.
- Transfer the chicken to a plate to cool. Discard the bay leaves and cilantro and reserve the broth and garlic.
- Meanwhile, preheat the broiler.
- Put the tomatoes and chiles on a foil-lined baking sheet and broil, turning, until charred, about 12 minutes. Wrap in the foil to catch any juices, then cool slightly. Peel the chiles and transfer to a blender with the tomatoes and collected juices.
- Remove the garlic from the broth, add to the blender and puree until smooth.
- Heat 2 tablespoons vegetable oil in a pot over medium heat.

- Add the diced onion and cook, stirring, until golden, about 3 minutes. Increase the heat to medium high and stir in the tomato–chile puree and 1/2 teaspoon salt. Cook, stirring, until the sauce is thick, about 15 minutes. Stir in 3 cups of the reserved broth and bring to a simmer. Partially cover and cook about 20 minutes.
- Add 1 teaspoon salt; keep the sauce warm.
- Discard the chicken skin and shred the meat. Toss the chicken with the crema and 1/2 teaspoon salt in a bowl. Soak the sliced onion in a bowl of cold water while you prepare the enchiladas.
- Preheat the oven to 375 degrees F.
- Spread 1 cup of the tomato–chile sauce in a 9–by–13–inch baking dish.
- Heat 1/2 cup vegetable oil in a skillet over medium–high heat. Fry a tortilla until puffed, about 15 seconds per side, turning with tongs. Quickly spoon 2 tablespoons chicken onto the tortilla, roll it up and put seam–side down in the baking dish. Fry and fill the remaining tortillas, arranging them side by side in the dish.
- Pour 2 cups of the tomato–chile sauce over the enchiladas and top with the queso fresco.
- Bake until warmed through, about 20 minutes.
- Drain the sliced onion and scatter over the enchiladas. Divide among plates and top with more cilantro, sauce and crema, if desired.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:29.58, Glycemic Load:12.21, Inflammation Score:-9, Nutrition Score:27.560869921809%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg, Quercetin: 6.72mg

Nutrients (% of daily need)

Calories: 426.32kcal (21.32%), Fat: 13.83g (21.27%), Saturated Fat: 3.39g (21.22%), Carbohydrates: 34.5g (11.5%), Net Carbohydrates: 28.89g (10.5%), Sugar: 6.62g (7.36%), Cholesterol: 117.71mg (39.24%), Sodium: 621.28mg (27.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.73g (83.45%), Vitamin B3: 18.59mg (92.97%), Selenium: 54.78µg (78.26%), Vitamin B6: 1.44mg (71.82%), Phosphorus: 609.15mg (60.91%), Potassium: 1151.38mg (32.9%), Vitamin A: 1604.29IU (32.09%), Vitamin C: 25.45mg (30.85%), Magnesium: 101.13mg (25.28%), Vitamin B5: 2.45mg (24.45%), Fiber: 5.61g (22.45%), Manganese: 0.43mg (21.27%), Calcium: 194.54mg (19.45%), Vitamin K: 17.75µg (16.9%), Vitamin B2: 0.27mg (16.14%), Zinc: 2.35mg (15.68%), Vitamin B1: 0.22mg (14.85%), Copper: 0.27mg (13.6%), Iron: 1.92mg (10.65%), Vitamin B12: 0.64µg (10.62%), Folate: 38.15µg (9.54%), Vitamin E: 1.42mg (9.47%), Vitamin D: 0.56µg (3.75%)