



Chicken Enchiladas Verdes

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken stock see
- ☐ 4 cups meat from a rotisserie chicken cubed cooked
- ☐ 12 corn tortillas
- ☐ 2 cups cilantro leaves fresh chopped
- ☐ 4 cloves garlic to taste
- ☐ 2 bunches green onions ends trimmed
- ☐ 5 jalapeño peppers halved seeded
- ☐ 1 juice of lime juiced

- ☐ 0.5 cup queso fresco crumbled
- ☐ 1 teaspoon salt to taste
- ☐ 4 cups mozzarella cheese shredded
- ☐ 2 pounds tomatillos husked cut in half

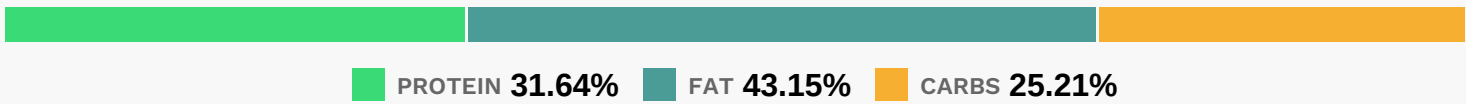
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Combine tomatillos, green onions, jalapeno peppers, and garlic together in a baking dish.
- ☐ Roast vegetables in the preheated oven until softened and fragrant, about 20 minutes.
- ☐ Remove from oven and increase oven temperature to 450 degrees F (230 degrees C)
- ☐ Pour roasted vegetables, cilantro, chicken stock, lime juice, and salt into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until a smooth salsa consistency is reached.
- ☐ Place 6 tortillas, overlapping, in the bottom of a 9x13-inch baking dish. Cover tortillas with 1/2 the chicken. Top chicken with 1/2 the mozzarella cheese and pour 1/2 the salsa over the cheese. Repeat layering process with remaining tortillas, chicken, mozzarella cheese, and salsa.
- ☐ Sprinkle crumbled queso fresco over the top.
- ☐ Bake in the preheated oven until bubbling, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:10.96, Inflammation Score:-8, Nutrition Score:30.383913506632%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg, Quercetin: 4.33mg

Nutrients (% of daily need)

Calories: 597.81kcal (29.89%), Fat: 28.9g (44.46%), Saturated Fat: 13.41g (83.82%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 31.1g (11.31%), Sugar: 8.85g (9.84%), Cholesterol: 137.2mg (45.73%), Sodium: 1088.73mg (47.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.67g (95.35%), Phosphorus: 728.02mg (72.8%), Selenium: 42.86µg (61.22%), Vitamin B3: 11.92mg (59.58%), Calcium: 515.01mg (51.5%), Vitamin K: 52.49µg (49.99%), Vitamin C: 36.67mg (44.45%), Vitamin B6: 0.73mg (36.47%), Vitamin B12: 2.14µg (35.73%), Zinc: 5.03mg (33.56%), Vitamin B2: 0.51mg (30.17%), Magnesium: 111.9mg (27.97%), Fiber: 6.89g (27.58%), Vitamin A: 1367.66IU (27.35%), Potassium: 920.27mg (26.29%), Manganese: 0.52mg (26.14%), Iron: 3.42mg (19.02%), Copper: 0.32mg (15.88%), Vitamin B1: 0.23mg (15.46%), Vitamin B5: 1.42mg (14.24%), Vitamin E: 1.52mg (10.13%), Folate: 37.93µg (9.48%), Vitamin D: 0.57µg (3.82%)