



Chicken Enchiladas with Creamy Green Chile Sauce

READY IN



70 min.

SERVINGS



6

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 4 ounce chilis green drained chopped canned
- 2 cups chicken broth
- 12 corn tortillas
- 0.3 cup flour all-purpose
- 0.5 cup cilantro leaves fresh chopped
- 0.5 cup spring onion chopped
- 2 ounces monterrey jack cheese shredded

- 0.8 cup onion minced
- 3 chicken breast halves shredded boneless skinless cooked
- 1 cup cream sour
- 6 servings vegetable oil for pan-frying

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Heat 2 tablespoons of oil in a skillet over medium-high heat. Fry tortillas (one at a time) for 5 seconds on each side to soften and make them pliable.
- Add more oil to pan as needed.
- Drain between layers of paper towel and keep warm.
- Divide chicken, 10 ounces of Monterey Jack cheese, and onion among the 12 tortillas.
- Roll up each tortilla and place seam side down in a greased baking pan.
- Melt the butter in a saucepan over medium heat.
- Add the flour and whisk until mixture begins to boil. Slowly add the broth, stirring with a whisk until thickened.
- Mix in the sour cream and chiles, heat thoroughly but do not boil, stirring occasionally.
- Pour mixture over the enchiladas.
- Bake in pre-heated oven for 20 minutes or until heated through. Top with remaining Monterey Jack cheese and bake for 5 more minutes.
- Garnish with chopped green onions and cilantro.

Nutrition Facts

PROTEIN 15.06% FAT 60.1% CARBS 24.84%

Properties

Glycemic Index:48.92, Glycemic Load:13.5, Inflammation Score:-7, Nutrition Score:17.063913013624%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 519.09kcal (25.95%), Fat: 35.23g (54.19%), Saturated Fat: 13.26g (82.9%), Carbohydrates: 32.75g (10.92%), Net Carbohydrates: 28.42g (10.34%), Sugar: 3.22g (3.58%), Cholesterol: 89.09mg (29.7%), Sodium: 586.84mg (25.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.87g (39.73%), Vitamin K: 48.81µg (46.49%), Selenium: 26.43µg (37.76%), Phosphorus: 375.65mg (37.57%), Vitamin B3: 7.4mg (37%), Vitamin B6: 0.62mg (30.83%), Calcium: 178.64mg (17.86%), Fiber: 4.33g (17.33%), Vitamin B2: 0.29mg (16.86%), Magnesium: 65.4mg (16.35%), Vitamin A: 764.68IU (15.29%), Manganese: 0.3mg (14.98%), Potassium: 463.79mg (13.25%), Vitamin C: 10.89mg (13.2%), Vitamin E: 1.91mg (12.7%), Vitamin B1: 0.17mg (11.23%), Vitamin B5: 1.11mg (11.05%), Zinc: 1.61mg (10.73%), Folate: 38.84µg (9.71%), Iron: 1.68mg (9.36%), Copper: 0.14mg (7.11%), Vitamin B12: 0.3µg (5.06%)