



Chicken Enchiladas with Green Sauce and Long-Grain Rice

 Gluten Free

READY IN



75 min.

SERVINGS



5

CALORIES



910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 roasted anaheim chile skinless stemmed seeded roughly chopped
- 2 chicken breasts boneless thinly sliced
- 0.3 cup chicken broth
- 0.5 cup cilantro leaves roughly chopped
- 8 corn tortillas
- 1 teaspoon chili flakes dried
- 2 cloves garlic minced

- 1 garlic clove
- 0.5 bell pepper green sliced
- 0.5 juice of lime juiced
- 3 cups cheddar/mozzarella mix shredded
- 1 cup oil
- 2 tablespoons olive oil
- 0.5 large onion sliced
- 1 teaspoon oregano dried
- 0.5 bell pepper red sliced
- 2 cups rice long-grain
- 1 teaspoon salt
- 7 tomatillos roughly chopped
- 3 cups water
- 1 tablespoon pepper white

Equipment

- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- oven
- baking pan

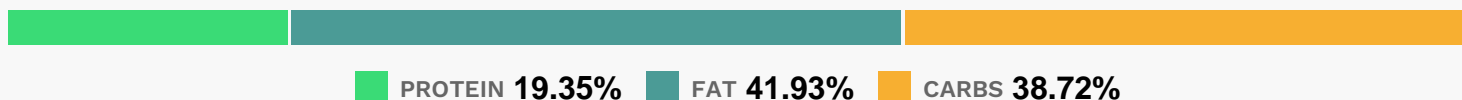
Directions

- Preheat oven to 350 degrees F.
- In a large skillet heat 2 tablespoons olive oil over medium heat, add the sliced onion and minced garlic, saute for about 2 minutes. Then add the chicken slices and cook until chicken is a nice golden brown. Turn the heat up a touch and add the bell pepper slices and dried chili

flakes. Once chicken is no longer pink remove from the heat and place the mixture into a bowl.

- In a small skillet add 1 cup oil. When oil is warm submerge a tortilla for 10 to 15 seconds or until soft. This will soften them and make rolling a lot easier.
- Drain on paper towels and repeat this process until all tortillas have been softened.
- Pour 1 cup of Green Sauce on bottom of the baking dish to cover. Divide the chicken mixture evenly among the tortillas, roll them up.
- Place seam side down on top of the sauce in the baking dish.
- Pour the remaining green sauce over them and spread the cheese mix evenly over the top.
- Bake for about 20 minutes until golden brown.
- Remove from the oven and serve with long-grain rice.
- Pulse all ingredients in a food processor until a nice salsa consistency is reached.
- Pour 3 cups of hot water in a large saucepan and bring to a boil. Rinse the rice well in a bowl under cold water and drain. This will remove surface starch and will be less sticky.
- Place the rinsed and drained rice into the saucepan, cover and cook until al dente, about 10 to 15 minutes.
- Add fresh cilantro and lime juice and serve.

Nutrition Facts



Properties

Glycemic Index:60.94, Glycemic Load:44.77, Inflammation Score:-9, Nutrition Score:32.994347841843%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg 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: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 909.75kcal (45.49%), Fat: 42.33g (65.13%), Saturated Fat: 15.4g (96.24%), Carbohydrates: 87.96g (29.32%), Net Carbohydrates: 81.63g (29.68%), Sugar: 4.52g (5.02%), Cholesterol: 125.89mg (41.96%), Sodium: 1133.63mg (49.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.95g (87.9%), Selenium: 62.62µg (89.45%), Phosphorus: 753.14mg (75.31%), Vitamin B3: 12.47mg (62.36%), Manganese: 1.21mg (60.61%), Calcium: 568.33mg (56.83%), Vitamin B6: 1.08mg (54.1%), Vitamin C: 36.11mg (43.77%), Zinc: 4.64mg (30.92%), Vitamin B2: 0.51mg (29.79%), Vitamin A: 1413.76IU (28.28%), Magnesium: 109.49mg (27.37%), Vitamin E: 3.95mg (26.31%), Vitamin B5: 2.54mg (25.35%), Fiber: 6.33g (25.34%), Vitamin K: 25.89µg (24.66%), Potassium: 779.76mg (22.28%), Copper: 0.38mg (19.04%), Vitamin B12: 0.9µg (15.03%), Vitamin B1: 0.22mg (14.63%), Iron: 2.49mg (13.82%), Folate: 41.25µg (10.31%), Vitamin D: 0.5µg (3.31%)