



## Chicken Enchiladas with Salsa Verde

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon chili powder
- 2 cups chicken breast shredded cooked
- 8 6-inch corn tortillas ()
- 1 cup less-sodium chicken broth fat-free
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves minced
- 4 lime wedges
- 1 cup onion chopped

- 1 ounce queso fresco crumbled
- 7 ounce salsa verde (such as Herdez brand)

## Equipment

- bowl
- frying pan
- paper towels
- oven
- blender
- baking pan

## Directions

- Preheat oven to 425
- Combine first 4 ingredients in a blender; process until smooth.
- Combine chicken and cream cheese in a large bowl. Stir in 1/2 cup salsa mixture. Reserve remaining salsa mixture.
- Bring broth to a simmer in a medium skillet. Working with one tortilla at a time, add tortilla to pan; cook 20 seconds or until moist, turning once.
- Remove tortilla; drain on paper towels. Spoon about 1/4 cup chicken mixture down center of tortilla; roll up.
- Place tortilla, seam-side down, in an 11 x 7-inch baking dish coated with cooking spray. Repeat procedure with remaining tortillas, broth, and chicken mixture.
- Pour remaining salsa mixture over enchiladas; sprinkle evenly with queso fresco and chili powder.
- Bake at 425 for 18 minutes or until thoroughly heated.
- Serve with lime wedges.
- Garnish with cilantro sprigs, if desired.

## Nutrition Facts



■ PROTEIN 30.19% ■ FAT 26.25% ■ CARBS 43.56%

## Properties

Glycemic Index:42.88, Glycemic Load:11.47, Inflammation Score:-6, Nutrition Score:13.173478333846%

## Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg, Quercetin: 8.75mg

## Nutrients (% of daily need)

Calories: 301.61kcal (15.08%), Fat: 8.8g (13.55%), Saturated Fat: 2.45g (15.28%), Carbohydrates: 32.87g (10.96%), Net Carbohydrates: 28.26g (10.28%), Sugar: 5.85g (6.5%), Cholesterol: 57.39mg (19.13%), Sodium: 724.72mg (31.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.55%), Phosphorus: 349.57mg (34.96%), Vitamin B3: 6.75mg (33.74%), Selenium: 23.55µg (33.65%), Vitamin B6: 0.5mg (24.76%), Fiber: 4.61g (18.43%), Magnesium: 60.5mg (15.12%), Manganese: 0.28mg (13.76%), Zinc: 2.06mg (13.74%), Potassium: 476.76mg (13.62%), Vitamin C: 10.82mg (13.12%), Calcium: 112.25mg (11.23%), Vitamin A: 548.48IU (10.97%), Vitamin B2: 0.18mg (10.64%), Iron: 1.86mg (10.33%), Vitamin B5: 0.94mg (9.36%), Vitamin B1: 0.13mg (8.49%), Copper: 0.17mg (8.48%), Vitamin B12: 0.44µg (7.26%), Folate: 16.94µg (4.23%), Vitamin K: 3.73µg (3.55%), Vitamin E: 0.34mg (2.27%), Vitamin D: 0.19µg (1.28%)