



Chicken Enchiladas with Salsa Verde

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



869 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups chicken thighs shredded cooked
- 2 cups chicken broth
- 0.3 cup cilantro leaves fresh packed chopped
- 6 servings cilantro leaves
- 15 corn tortillas cut in half (6 to 7 in.)
- 4 cloves garlic
- 1.5 lb monterrey jack cheese shredded
- 1 pound pepper flakes

- 0.5 cup pumpkin seeds raw salted shelled
- 0.8 lb onion red
- 6 servings salt
- 2 serrano chiles fresh stemmed deveined seeded chopped
- 6 servings cream sour
- 2 pounds tomatillos

Equipment

- food processor
- frying pan
- oven
- blender
- spatula

Directions

- Rinse tomatillos.
- Place tomatillos and poblanos in a 10- by 15-inch rimmed pan. Broil 4 to 6 inches from heat, turning as needed, until tomatillos and poblanos are blackened all over, about 20 minutes total. Set aside as charred. When cool enough to handle, pull off and discard poblano peels, stems, seeds, and veins.
- In a blender or food processor, whirl (in batches if necessary) tomatillos, poblanos, pumpkin seeds, garlic, cilantro, and broth until chili sauce is smoothly pured.
- Add serranos to taste and whirl to pure.
- Meanwhile, peel onion and cut 3 or 4 thin slices from the center. Separate slices into rings and wrap airtight. Finely chop remaining onion.
- Spread 1 cup chili sauce over the bottom of a shallow 3-quart casserole (about 10 by 12 in.). Cover sauce with 1/3 of the tortillas, overlapping them. Scatter 1/2 the chicken, 1/2 the chopped red onion, and 1 cup cheese over tortillas. Spoon 1 cup chili sauce over cheese. Cover completely with another 1/3 of the tortillas. Scatter remaining chicken, remaining onion, and 1 cup cheese over tortillas; moisten evenly with 1 cup chili sauce. Cover with remaining tortillas, then coat tortillas evenly with remaining sauce.

- Bake in a 400 oven until sauce is bubbling at edges of casserole, about 15 minutes.
- Sprinkle remaining cheese on enchiladas and bake until it melts, 2 to 3 minutes.
- Scatter red onion rings over enchiladas and garnish with cilantro sprigs.
- Cut into rectangles and serve with a wide spatula.
- Add salt and sour cream to taste.

Nutrition Facts

PROTEIN 27.24% **FAT 48.9%** **CARBS 23.86%**

Properties

Glycemic Index:42.25, Glycemic Load:16.65, Inflammation Score:-9, Nutrition Score:44.023912761522%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg

Nutrients (% of daily need)

Calories: 868.87kcal (43.44%), Fat: 48.14g (74.06%), Saturated Fat: 25.12g (157.03%), Carbohydrates: 52.85g (17.62%), Net Carbohydrates: 43.32g (15.75%), Sugar: 14.42g (16.02%), Cholesterol: 221.95mg (73.98%), Sodium: 1315mg (57.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.35g (120.7%), Vitamin C: 132.52mg (160.63%), Phosphorus: 1119.06mg (111.91%), Calcium: 965.78mg (96.58%), Selenium: 50.12µg (71.6%), Vitamin B6: 1.34mg (67.13%), Vitamin B3: 11.99mg (59.98%), Vitamin B2: 0.91mg (53.36%), Manganese: 1.01mg (50.53%), Magnesium: 192.68mg (48.17%), Zinc: 7.22mg (48.15%), Vitamin A: 1957.75IU (39.16%), Fiber: 9.53g (38.12%), Potassium: 1325.55mg (37.87%), Vitamin K: 36.25µg (34.53%), Vitamin B12: 1.74µg (28.99%), Iron: 5mg (27.79%), Copper: 0.54mg (26.91%), Vitamin B1: 0.37mg (24.72%), Vitamin B5: 2.29mg (22.86%), Folate: 72.08µg (18.02%), Vitamin E: 2.03mg (13.54%), Vitamin D: 0.68µg (4.54%)