



## Chicken Enchiladas with Spinach Cream Sauce

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 8-inch corn tortillas ()
- ☐ 1.3 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 tablespoons i would have liked to use an version of masa but i couldn't find one at the time of making the tamal all-purpose

- ☐ 1.5 cups onion divided vertically sliced
- ☐ 2 poblano chiles
- ☐ 2 cups ready-to-eat roasted skinned shredded ( 2 breasts)
- ☐ 0.1 teaspoon salt
- ☐ 6 cups spinach leaves fresh

## Equipment

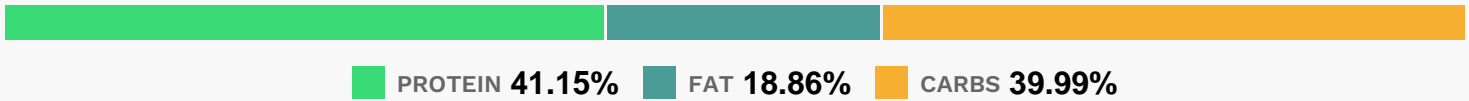
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ colander

## Directions

- ☐ Preheat broiler.
- ☐ Place chiles on a foil-lined baking sheet; broil 10 minutes or until blackened, turning occasionally.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel chiles; cut in half lengthwise. Discard seeds and membranes; slice into strips to measure 2/3 cup.
- ☐ Place a large skillet coated with cooking spray over medium heat until hot.
- ☐ Add 1 cup sliced onion; cook 10 minutes or until golden brown, stirring frequently. Stir in chicken and 1/3 cup chiles; spoon chicken mixture into a bowl.

- ☐ Steam spinach leaves, covered, 5 minutes or until wilted.
- ☐ Place spinach in a colander, pressing with the back of a spoon until barely moist.
- ☐ Preheat oven to 35
- ☐ Wipe skillet with paper towels, and recoat with cooking spray.
- ☐ Place over medium-high heat.
- ☐ Add 1/2 cup sliced onion and chopped green onions, and saute 3 minutes. Stir in ground cumin and minced garlic, and saute 30 seconds.
- ☐ Combine masa harina and broth.
- ☐ Add masa mixture, chopped cilantro, cream cheese, and salt to pan, and bring to a boil. Reduce heat, and simmer 5 minutes or until cheese melts, stirring constantly.
- ☐ Place the cheese mixture, 1/3 cup chiles, and spinach in a food processor, and process until smooth. Strain spinach mixture through a colander into a bowl, and discard solids.
- ☐ Divide the chicken mixture evenly among tortillas, and roll up.
- ☐ Pour 1/2 cup spinach sauce in bottom of an 8-inch square baking dish coated with cooking spray. Arrange the filled tortillas on top of spinach sauce.
- ☐ Pour the remaining spinach sauce over tortillas. Cover and bake at 350 for 10 minutes or until enchiladas are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:73.38, Glycemic Load:11.15, Inflammation Score:-10, Nutrition Score:35.083478160526%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.15mg, Luteolin: 3.15mg, Luteolin: 3.15mg, Luteolin: 3.15mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 3.39mg, Kaempferol: 3.39mg, Kaempferol: 3.39mg, Kaempferol: 3.39mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 16.68mg, Quercetin: 16.68mg, Quercetin: 16.68mg, Quercetin: 16.68mg

Nutrients (% of daily need)

Calories: 309.09kcal (15.45%), Fat: 6.57g (10.1%), Saturated Fat: 1.76g (11.01%), Carbohydrates: 31.31g (10.44%), Net Carbohydrates: 25.41g (9.24%), Sugar: 4.81g (5.34%), Cholesterol: 74.53mg (24.84%), Sodium: 481.27mg (20.92%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.23g (64.45%), Vitamin K: 239.12µg (227.74%), Vitamin A: 4600.57IU (92.01%), Vitamin C: 66.96mg (81.17%), Vitamin B6: 1.31mg (65.57%), Selenium: 38.76µg (55.37%), Vitamin B1: 0.7mg (46.38%), Phosphorus: 461.69mg (46.17%), Vitamin B3: 8.72mg (43.6%), Manganese: 0.78mg (38.85%), Folate: 117.43µg (29.36%), Potassium: 1023.1mg (29.23%), Magnesium: 112.19mg (28.05%), Vitamin B2: 0.4mg (23.79%), Fiber: 5.9g (23.61%), Zinc: 3.18mg (21.18%), Iron: 3.38mg (18.79%), Copper: 0.29mg (14.3%), Vitamin B12: 0.75µg (12.42%), Vitamin B5: 1.21mg (12.06%), Calcium: 118.68mg (11.87%), Vitamin E: 1.5mg (9.99%), Vitamin D: 0.47µg (3.15%)