



Chicken Mole Enchiladas Supreme

READY IN



15 min.

SERVINGS



6

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons sauce (from 8.25-oz jar)
- 1 cup chicken broth reduced-sodium (from 32-oz carton)
- 2 cups rotisserie chicken cut chopped (from 2-lb chicken)
- 6 6-inch flour tortilla low-carb ()
- 3 cups lettuce shredded
- 1.5 cups tomatoes refrigerated
- 1 oz queso fresco crumbled
- 6 tablespoons spring onion chopped

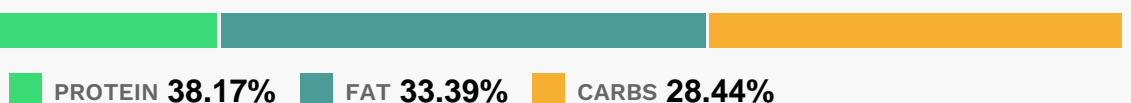
Equipment

- bowl
- sauce pan
- oven
- whisk
- plastic wrap
- baking pan
- microwave
- glass baking pan

Directions

- Heat oven to 425°F.
- Place mole sauce in medium saucepan. Gradually add broth, stirring with wire whisk until smooth. Cook over medium-high heat, stirring often, until thoroughly heated.
- Meanwhile, place chicken in small microwavable bowl. Cover with microwavable plastic wrap, folding back one edge or corner 1/4 inch to vent steam. Microwave on High 1 to 2 minutes or until thoroughly heated.
- Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Spoon 1/3 cup chicken down center of each tortilla. Spoon 1 tablespoon sauce over chicken on each tortilla; fold 2 sides toward center.
- Place enchiladas, seam sides down, in baking dish.
- Pour remaining sauce over enchiladas.
- Bake uncovered 9 to 10 minutes or until thoroughly heated.
- Place 1 enchilada on each serving plate; top with lettuce, tomato, cheese and onions.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:5.36, Inflammation Score:-5, Nutrition Score:7.6539130832838%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 277.09kcal (13.85%), Fat: 10.34g (15.91%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 17.73g (6.45%), Sugar: 4.27g (4.75%), Cholesterol: 78.97mg (26.32%), Sodium: 608.16mg (26.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.6g (53.19%), Vitamin K: 26.25µg (25%), Vitamin B1: 0.18mg (12.32%), Manganese: 0.25mg (12.3%), Folate: 48.4µg (12.1%), Vitamin A: 588.92IU (11.78%), Phosphorus: 110.15mg (11.02%), Selenium: 7.67µg (10.96%), Vitamin B3: 2.16mg (10.82%), Vitamin C: 7.24mg (8.77%), Calcium: 86.64mg (8.66%), Iron: 1.52mg (8.43%), Fiber: 2.09g (8.34%), Vitamin B2: 0.13mg (7.38%), Potassium: 233.02mg (6.66%), Copper: 0.09mg (4.44%), Magnesium: 15.94mg (3.99%), Vitamin B6: 0.07mg (3.69%), Zinc: 0.46mg (3.07%), Vitamin E: 0.32mg (2.11%), Vitamin B12: 0.12µg (1.98%), Vitamin B5: 0.14mg (1.37%)