



Chicken Picadillo Enchiladas

 Gluten Free

READY IN



65 min.

SERVINGS



12

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups roasted chicken diced cooked
- 1.5 tablespoons chili powder
- 12 6-inch corn tortillas ()
- 5 large garlic clove chopped
- 12 servings spring onion fresh chopped (for garnish)
- 0.3 cup olive oil extra virgin extra-virgin
- 0.5 cup pimiento stuffed olives green drained sliced
- 0.5 cup raisins

- 2 cups cream sour divided
- 2 cups canned tomatoes with added purée crushed
- 1.5 cups onion white chopped

Equipment

- bowl
- frying pan
- oven
- aluminum foil
- glass baking pan

Directions

- Preheat oven to 375°F.
- Heat oil in large skillet over medium-high heat.
- Add onion and garlic. Sauté until onion is tender, about 4 minutes. Stir in chili powder.
- Add crushed tomatoes and 4 tablespoons juice from olives. Simmer sauce until flavors blend, about 6 minutes. Season with pepper and more olive juice, if desired.
- Combine chicken, raisins, and olives in large bowl.
- Mix in 3 cups sauce. Season filling to taste with pepper.
- Spread 1/2 cup sauce over bottom of 13 x 9 x 2-inch glass baking dish.
- Heat 1 tortilla directly over gas flame or in hot skillet until just softened, about 10 seconds per side.
- Place on work surface.
- Spread 1 tablespoon sour cream in strip in center. Top with 1/3 cup filling.
- Roll up tortilla.
- Place enchilada, seam side down, in prepared dish. Repeat, making 11 more enchiladas. Spoon remaining sauce over. Cover dish with foil.
- Bake enchiladas until heated through, about 20 minutes. Uncover; top with dollops of remaining sour cream.
- Sprinkle with green onions and cilantro.

Nutrition Facts

PROTEIN 17.13% FAT 49.55% CARBS 33.32%

Properties

Glycemic Index:19.69, Glycemic Load:9.02, Inflammation Score:-6, Nutrition Score:10.993478267089%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 284.36kcal (14.22%), Fat: 16.18g (24.9%), Saturated Fat: 5.42g (33.88%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 20.62g (7.5%), Sugar: 4.41g (4.9%), Cholesterol: 48.87mg (16.29%), Sodium: 210.98mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.17%), Phosphorus: 208.57mg (20.86%), Vitamin B3: 3.94mg (19.68%), Vitamin K: 19.08µg (18.17%), Selenium: 12.46µg (17.8%), Vitamin B6: 0.35mg (17.69%), Fiber: 3.87g (15.48%), Vitamin A: 719.34IU (14.39%), Vitamin E: 2mg (13.36%), Manganese: 0.26mg (12.91%), Potassium: 417.13mg (11.92%), Magnesium: 45.4mg (11.35%), Vitamin B2: 0.19mg (10.95%), Iron: 1.83mg (10.16%), Calcium: 96.83mg (9.68%), Copper: 0.19mg (9.61%), Vitamin C: 7.39mg (8.95%), Zinc: 1.24mg (8.24%), Vitamin B1: 0.11mg (7.3%), Vitamin B5: 0.66mg (6.59%), Folate: 18.9µg (4.73%), Vitamin B12: 0.18µg (3.03%)