



Chicken, Potato, and Carrot Enchiladas with Ancho-Guajillo Chile Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 servings guajillo chiles*
- 3 carrots diced peeled
- 6 strips. with skin and bones
- 1 cup corn oil ()
- 12 6-inch corn tortillas
- 6 tablespoons crema mexicana sour
- 6 garlic clove halved

- 3 jalapeno halved
- 1 cup queso fresco crumbled
- 0.3 cup radishes thinly sliced
- 3 medium potatoes – remove skin
- 12 the of 1 cos lettuce
- 0.8 teaspoon sea salt fine
- 6 cups water
- 1 cup onion white sliced

Equipment

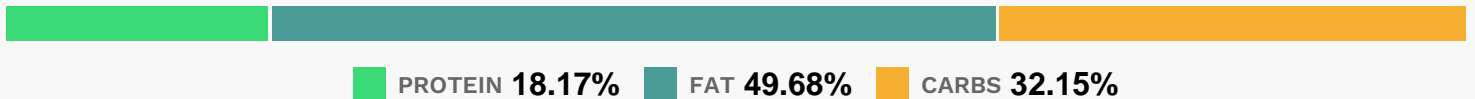
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- pot
- baking pan
- slotted spoon
- tongs

Directions

- Bring first 5 ingredients to boil in large pot. Reduce heat; simmer gently until chicken is cooked through, about 30 minutes. Cool chicken in broth 30 minutes, then transfer chicken to bowl and cool completely (reserve broth for another use).
- Cook carrots in pot of boiling salted water until crisp-tender, about 6 minutes. Using slotted spoon, transfer carrots to another bowl.
- Add potatoes to same pot and boil until tender, about 35 minutes.
- Drain. Cool potatoes, then peel and cut into 3/4-inch cubes; add to bowl with carrots.
- Preheat oven to 200°F. Bring Ancho-Guajillo Chile Sauce to simmer in large saucepan. Reduce heat to low and keep warm.

- Heat 3 tablespoons oil in large skillet over medium heat.
- Place 1/2 cup warm chile sauce in medium bowl. Dip chicken pieces into sauce to coat, allowing excess to drip back into bowl.
- Add chicken pieces to skillet and fry until heated through, about 5 minutes per side.
- Transfer chicken to rimmed baking sheet and keep warm in oven.
- Pour 1/4 cup oil into same skillet; heat over medium-high heat.
- Add potatoes and carrots; sauté until heated through, about 6 minutes. Using slotted spoon, transfer potatoes and carrots to 13x9x2-inch baking dish. Season with salt. Keep warm in oven.
- Heat 1/2 cup oil in same skillet over medium heat. Quickly dip 1 tortilla into warm chile sauce to coat, then carefully slide tortilla into hot oil (mixture will splatter). Cook 10 seconds per side. Using tongs, transfer tortilla to baking sheet; fold tortilla in half. Keep warm in oven. Repeat.
- Place 2 tortillas on each plate. Top with some of warm chile sauce, then potatoes and carrots.
- Sprinkle with cheese, sliced onion, radishes, and jalapeños; top with crema. Arrange 2 lettuce leaves alongside.
- Place chicken atop lettuce and serve.
- *Cultured Mexican cream with a slightly nutty flavor and consistency of thin sour cream.

Nutrition Facts



Properties

Glycemic Index:36.39, Glycemic Load:11.98, Inflammation Score:-10, Nutrition Score:30.912608934485%

Flavonoids

Pelargonidin: 4.07mg, Pelargonidin: 4.07mg, Pelargonidin: 4.07mg, Pelargonidin: 4.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg, Quercetin: 7.81mg

Nutrients (% of daily need)

Calories: 632.34kcal (31.62%), Fat: 35.42g (54.5%), Saturated Fat: 8.62g (53.86%), Carbohydrates: 51.57g (17.19%), Net Carbohydrates: 43.35g (15.76%), Sugar: 6.86g (7.63%), Cholesterol: 132.72mg (44.24%), Sodium: 677.48mg (29.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.3%), Vitamin A: 10642.55IU (212.85%), Vitamin K: 72.86µg (69.39%), Phosphorus: 529.57mg (52.96%), Vitamin B6: 0.89mg (44.64%), Selenium: 29.68µg (42.39%), Vitamin B3: 7.98mg (39.88%), Potassium: 1177.19mg (33.63%), Fiber: 8.22g (32.88%), Vitamin C: 25.68mg (31.12%), Folate: 117.71µg (29.43%), Manganese: 0.58mg (28.79%), Magnesium: 107.08mg (26.77%), Calcium: 251.18mg (25.12%), Zinc: 3.31mg (22.1%), Vitamin B1: 0.31mg (20.69%), Vitamin B2: 0.34mg (19.78%), Copper: 0.39mg (19.7%), Vitamin B5: 1.83mg (18.3%), Vitamin B12: 1.06µg (17.75%), Iron: 3.06mg (16.99%), Vitamin E: 2.14mg (14.27%), Vitamin D: 0.66µg (4.41%)