



## Chicken Stuffed Chiles

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



248 kcal

SIDE DISH

### Ingredients

- 2.3 ounce olives black canned
- 3 chicken shredded cooked
- 3 cups enchilada sauce divided
- 24 to 2 chilies slit fresh green
- 4 cups cheddar cheese shredded divided
- 8 ounce cream sour

### Equipment

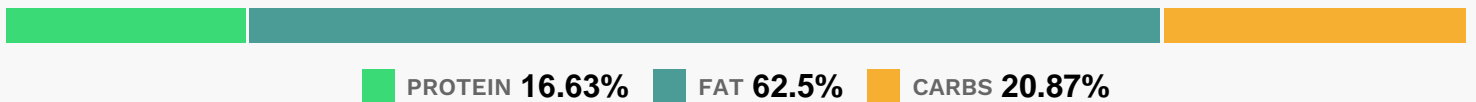
- bowl

- baking sheet
- oven
- baking pan
- broiler

## Directions

- Preheat the oven broiler.
- Brush peppers with oil and arrange on a baking sheet. Broil peppers 5 minutes, turning occasionally, until scorched on all sides.
- Remove from heat, cool slightly, and peel. Reduce oven temperature to 350 degrees F (175 degrees C).
- In a bowl, mix the shredded chicken, 2 cups cheese, and 1 cup enchilada sauce.
- Cut a slit in each roasted chile pepper, and stuff each with about 1 tablespoon of the chicken mixture. Arrange stuffed chiles in a single layer in a large baking dish. Cover with the remaining enchilada sauce.
- Bake 35 minutes in the 350 degrees F (175 degrees C) oven, until bubbly.
- Sprinkle with remaining cheese, and continue baking 5 minutes, or until cheese is melted.
- Garnish with olives and sour cream to serve.

## Nutrition Facts



## Properties

Glycemic Index:2.25, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:7.1865217063738%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

## Nutrients (% of daily need)

Calories: 247.53kcal (12.38%), Fat: 17.3g (26.62%), Saturated Fat: 9.25g (57.83%), Carbohydrates: 13g (4.33%), Net Carbohydrates: 8.83g (3.21%), Sugar: 7.8g (8.66%), Cholesterol: 49.01mg (16.33%), Sodium: 1155.21mg (50.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.36g (20.71%), Calcium: 288.19mg (28.82%), Phosphorus: 187.57mg (18.76%), Vitamin A: 916.36IU (18.33%), Fiber: 4.17g (16.66%), Selenium: 11.47µg (16.38%), Vitamin C:

12.17mg (14.75%), Vitamin B2: 0.2mg (11.68%), Zinc: 1.45mg (9.67%), Vitamin B12: 0.44µg (7.33%), Vitamin E: 0.56mg (3.71%), Magnesium: 12.7mg (3.17%), Iron: 0.46mg (2.57%), Folate: 9.22µg (2.3%), Vitamin B5: 0.22mg (2.23%), Vitamin B6: 0.04mg (1.82%), Potassium: 55.43mg (1.58%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.26µg (1.2%), Copper: 0.02mg (1.12%), Vitamin B1: 0.02mg (1.06%)