



Chile and Roasted Garlic Chicken Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1054 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado pitted peeled sliced
- ☐ 4.5 oz chilis green chopped old el paso® canned
- ☐ 8 oz sriracha old el paso®
- ☐ 8 2-inch corn tortillas (5 1/2)
- ☐ 0.5 cup onion chopped
- ☐ 1 cup queso fresco crumbled
- ☐ 2 cups rotisserie chicken cut shredded (from 2-lb chicken)
- ☐ 0.5 cup cream sour

☐ 1 tablespoon vegetable oil

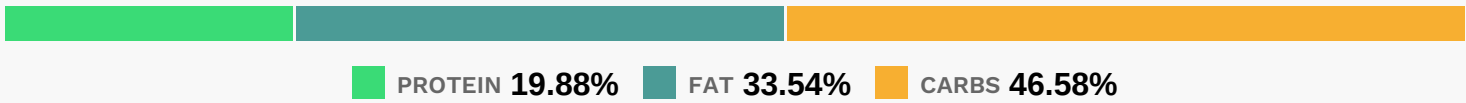
Equipment

- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F.
- ☐ In 10-inch skillet, heat oil over medium heat. Cook onion in oil about 3 minutes or until onion begins to soften.
- ☐ Add green chiles and chicken, stirring well. Stir in 1/2 cup of the cooking sauce, stirring well to combine.
- ☐ Remove from heat; stir in 1/2 cup of the cheese.
- ☐ Spray 11x7-inch (2-quart) glass baking dish with cooking spray. Using remaining cooking sauce, brush both sides of each tortilla. Spoon about 1/3 cup filling in each tortilla. Fold tortillas around filling, and place seam side down in pan.
- ☐ Sprinkle with remaining 1/2 cup cheese.
- ☐ Bake 20 to 25 minutes or until enchiladas are heated through. Top with sour cream and sliced avocado.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:44.88, Inflammation Score:-8, Nutrition Score:27.670434620069%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 1053.75kcal (52.69%), Fat: 39.89g (61.37%), Saturated Fat: 12.04g (75.28%), Carbohydrates: 124.68g (41.56%), Net Carbohydrates: 103.77g (37.73%), Sugar: 14.73g (16.36%), Cholesterol: 151.57mg (50.52%), Sodium: 3667.61mg (159.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.2g (106.41%), Phosphorus: 890.63mg (89.06%), Fiber: 20.91g (83.64%), Magnesium: 192.2mg (48.05%), Manganese: 0.85mg (42.39%), Calcium: 408.46mg (40.85%), Vitamin B6: 0.73mg (36.29%), Selenium: 21.25µg (30.36%), Zinc: 4.25mg (28.35%), Copper: 0.47mg (23.48%), Potassium: 808.31mg (23.09%), Vitamin B3: 4.55mg (22.76%), Vitamin C: 17.67mg (21.42%), Iron: 3.63mg (20.16%), Vitamin B2: 0.33mg (19.39%), Folate: 76.98µg (19.25%), Vitamin B1: 0.28mg (18.6%), Vitamin K: 17.62µg (16.78%), Vitamin E: 2.18mg (14.55%), Vitamin B5: 1.2mg (12.04%), Vitamin A: 543.45IU (10.87%), Vitamin B12: 0.57µg (9.55%), Vitamin D: 0.82µg (5.49%)