



## Easy Chicken Enchiladas

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



697 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon canola oil
- 1 small onion finely chopped
- 1 garlic clove minced
- 1 jalapeno finely chopped
- 0.3 teaspoon chili powder
- 28 ounces canned tomatoes whole canned
- 1 serving coarse mustard
- 1 teaspoon juice of lime fresh

- 8 6-inch corn tortillas (es)
- 1 pound chicken shredded skinless cooked
- 12 ounces monterrey jack cheese shredded
- 2 tablespoons jalapeño peppers minced

## Equipment

- frying pan
- sauce pan
- oven
- baking pan
- wooden spoon

## Directions

- Heat oil in a medium saucepan over medium-low heat.
- Add onion, garlic, jalapeno, and chili powder; cook until onion is translucent, 8 minutes.
- Add tomatoes and 1/2 cup water to saucepan; season with salt and pepper. Bring to a boil. Reduce heat to medium-low; cook, gently crushing tomatoes with a wooden spoon, until sauce is thickened, 15 to 20 minutes.
- Add lime juice.
- Let sauce cool completely before storing.
- Heat a skillet over medium-high heat; warm each tortilla, about 10 seconds per side. Divide chicken, 3 cups cheese, and pickled jalapenos among tortillas; roll tightly.
- Place seam sides down in a 9-by-13-inch baking dish.
- When ready to bake, preheat oven to 450 degrees. Top with sauce and remaining cup cheese.
- Bake until cheese is melted and tortillas heated through, 6 minutes or longer if refrigerated. For a crisper top, broil 1 to 2 minutes more.

## Nutrition Facts



■ PROTEIN 30.85% ■ FAT 49.61% ■ CARBS 19.54%

## Properties

Glycemic Index:49.63, Glycemic Load:10.69, Inflammation Score:-8, Nutrition Score:29.545217203057%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

## Nutrients (% of daily need)

Calories: 696.55kcal (34.83%), Fat: 38.67g (59.49%), Saturated Fat: 18.85g (117.8%), Carbohydrates: 34.29g (11.43%), Net Carbohydrates: 28.39g (10.32%), Sugar: 6.65g (7.39%), Cholesterol: 160.74mg (53.58%), Sodium: 1002.83mg (43.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.1g (108.21%), Phosphorus: 806.26mg (80.63%), Calcium: 760.04mg (76%), Selenium: 44.28µg (63.25%), Vitamin B3: 11.32mg (56.61%), Vitamin B6: 0.92mg (46.23%), Vitamin B2: 0.65mg (38.44%), Zinc: 5.31mg (35.39%), Vitamin C: 25.02mg (30.32%), Magnesium: 110.14mg (27.54%), Iron: 4.74mg (26.35%), Potassium: 851.03mg (24.32%), Fiber: 5.9g (23.62%), Vitamin A: 1095.46IU (21.91%), Manganese: 0.4mg (20.14%), Vitamin B12: 1.03µg (17.25%), Vitamin E: 2.55mg (16.98%), Copper: 0.33mg (16.47%), Vitamin B5: 1.64mg (16.36%), Vitamin B1: 0.24mg (15.82%), Vitamin K: 11.91µg (11.34%), Folate: 44.69µg (11.17%), Vitamin D: 0.51µg (3.4%)