



Enchiladas de Pollo (Chicken Enchiladas)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 8 peppercorns black
- ☐ 4.5 ounce chiles green undrained chopped canned
- ☐ 1 pound chicken breast halves skinless
- ☐ 8 6-inch corn tortillas ()
- ☐ 0.3 cup egg substitute
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.7 cup milk 2% reduced-fat

- ☐ 3 ounces cheddar cheese shredded extra-sharp divided reduced-fat
- ☐ 3 ounces monterrey jack cheese shredded divided
- ☐ 0.5 cup onion chopped
- ☐ 1 onion quartered
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup cup heavy whipping cream fat-free sour
- ☐ 11 ounce tomatillos drained canned
- ☐ 3 cups water

Equipment

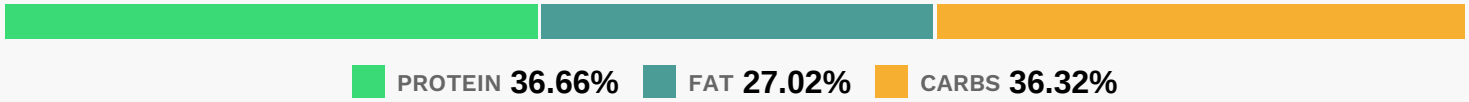
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ To prepare filling, place first 6 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 45 minutes.
- ☐ Remove chicken from cooking liquid; cool.
- ☐ Remove chicken from bones; shred with 2 forks. Discard bones. Reserve broth for another use.
- ☐ Preheat oven to 37
- ☐ Combine chicken, 1/2 cup each Monterey Jack and cheddar cheeses, and 1/2 cup onion in a bowl; set aside.
- ☐ To prepare sauce, place milk and next 5 ingredients (milk through chiles) in a food processor; process until smooth.

- ☐ To prepare tortillas, fill a medium skillet with 1 inch of water; bring to a simmer. Dip 1 tortilla in water using tongs. Spoon 1/2 cup filling in center of tortilla; roll tightly, and place in an 11 x 7-inch baking dish. Repeat procedure with remaining tortillas and filling.
- ☐ Pour sauce over enchiladas. Cover and bake at 375 for 20 minutes. Uncover; sprinkle with 1/4 cup each Monterey Jack and cheddar.
- ☐ Bake an additional 5 minutes or until cheeses melt. Top with sour cream.

Nutrition Facts



Properties

Glycemic Index:48.88, Glycemic Load:11.1, Inflammation Score:-8, Nutrition Score:27.825652018837%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

Nutrients (% of daily need)

Calories: 465.41kcal (23.27%), Fat: 14.07g (21.65%), Saturated Fat: 6.5g (40.61%), Carbohydrates: 42.55g (14.18%), Net Carbohydrates: 36.36g (13.22%), Sugar: 8.2g (9.11%), Cholesterol: 102.56mg (34.19%), Sodium: 871.71mg (37.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.96g (85.91%), Selenium: 55.58µg (79.4%), Phosphorus: 730.64mg (73.06%), Vitamin B3: 14.43mg (72.17%), Vitamin B6: 1.17mg (58.68%), Calcium: 435.8mg (43.58%), Vitamin C: 25.34mg (30.72%), Vitamin B2: 0.52mg (30.41%), Potassium: 1006.39mg (28.75%), Magnesium: 110.51mg (27.63%), Fiber: 6.19g (24.77%), Vitamin B5: 2.36mg (23.56%), Zinc: 3.2mg (21.33%), Manganese: 0.41mg (20.47%), Vitamin B1: 0.24mg (15.74%), Iron: 2.66mg (14.8%), Vitamin B12: 0.88µg (14.7%), Folate: 54.29µg (13.57%), Copper: 0.25mg (12.37%), Vitamin A: 614.33IU (12.29%), Vitamin K: 12.49µg (11.89%), Vitamin E: 1.01mg (6.75%), Vitamin D: 0.5µg (3.35%)