



Enchiladas Ole

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce canned tomatoes crushed canned
- ☐ 2 cups chicken broth canned divided
- ☐ 0.3 cup chili powder
- ☐ 4 cups chicken breast shredded cooked
- ☐ 12 6-inch corn tortillas ()
- ☐ 2 tablespoons cornstarch
- ☐ 8 ounce carton cream sour
- ☐ 2 cloves garlic

- ☐ 2 cloves garlic minced
- ☐ 0.5 cup green onions chopped
- ☐ 1 jalapeno seeded chopped
- ☐ 6 ounces monterrey jack cheese shredded
- ☐ 1.5 cups onion divided coarsely chopped
- ☐ 1 teaspoon oregano dried whole
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 3.8 cups vegetable oil divided
- ☐ 1 cup whipping cream

Equipment

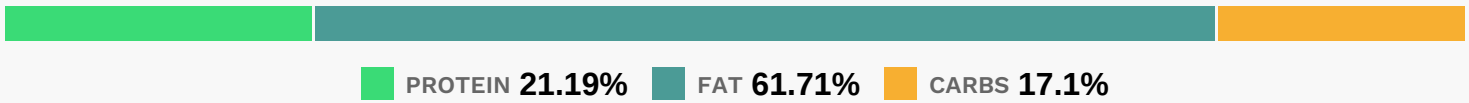
- ☐ food processor
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Position blade in food processor, and add 1/2 cup onion and next 3 ingredients; process.
- ☐ Saute chili powder and oregano in 2 tablespoons oil in a skillet 3 minutes.
- ☐ Add tomato mixture; simmer 5 minutes.
- ☐ Combine cornstarch and 2 tablespoons broth.
- ☐ Add remaining broth and cream to tomato mixture; cook 2 minutes.
- ☐ Add cornstarch mixture; cook until thickened. Stir in salt and pepper.
- ☐ Saute remaining 1 cup onion and minced garlic in 2 tablespoons hot oil in a skillet over medium-high heat until tender.
- ☐ Add chicken; cook until lightly browned. Stir in 1 cup tomato mixture.

- ☐ Pour 3 1/2 cups oil into a skillet. Fry tortillas, one at a time, over medium-high heat 8 seconds on each side.
- ☐ Drain on paper towels.
- ☐ Brush one side with tomato mixture. Spoon about 1/4 cup chicken mixture down center.
- ☐ Roll tortilla; place, seam side down, in a greased 13- x 9- x 2-inch baking dish. Repeat with remaining tortillas.
- ☐ Pour remaining tomato mixture over tortillas; sprinkle with cheese.
- ☐ Bake, uncovered, at 375 for 15 minutes. Top with sour cream and green onions.

Nutrition Facts



Properties

Glycemic Index:25.29, Glycemic Load:6.42, Inflammation Score:-9, Nutrition Score:18.969565505567%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 518.72kcal (25.94%), Fat: 36.2g (55.7%), Saturated Fat: 13.14g (82.11%), Carbohydrates: 22.57g (7.52%), Net Carbohydrates: 17.91g (6.51%), Sugar: 4.55g (5.06%), Cholesterol: 98.26mg (32.75%), Sodium: 488.66mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.97g (55.94%), Vitamin A: 2198.68IU (43.97%), Vitamin K: 44.34µg (42.22%), Phosphorus: 348.83mg (34.88%), Selenium: 24.25µg (34.65%), Vitamin B3: 6.04mg (30.2%), Vitamin B6: 0.54mg (27.23%), Vitamin E: 4.04mg (26.94%), Calcium: 210.84mg (21.08%), Vitamin B2: 0.32mg (18.91%), Zinc: 2.82mg (18.82%), Fiber: 4.66g (18.65%), Iron: 3mg (16.69%), Manganese: 0.31mg (15.58%), Magnesium: 60.81mg (15.2%), Potassium: 518.35mg (14.81%), Copper: 0.23mg (11.46%), Vitamin B12: 0.67µg (11.1%), Vitamin C: 7.76mg (9.41%), Vitamin B5: 0.81mg (8.14%), Vitamin B1: 0.12mg (7.88%), Folate: 22.3µg (5.57%), Vitamin D: 0.44µg (2.91%)