



Enchiladas Suizas

READY IN



65 min.

SERVINGS



6

CALORIES



652 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 6 servings canola oil for frying
- 1 pint cherry tomatoes
- 2 cups rotisserie chicken breast meat shredded cooked
- 1.5 cups chicken broth
- 12 8-inch corn tortillas ()
- 2 tablespoons flour all-purpose
- 1 clove garlic minced
- 1 cup chile peppers green chopped

- 0.5 cup olives green sliced
- 0.3 cup green onion chopped
- 1 dash ground cumin
- 1 cup heavy cream
- 1 cup mild cheddar cheese shredded
- 1 cup monterrey jack cheese shredded
- 0.7 cup onion spanish chopped
- 0.8 teaspoon salt

Equipment

- frying pan
- sauce pan
- oven

Directions

- Prepare salsa verde: Melt butter in saucepan over medium heat.
- Saute the onion until soft. Stir in the flour.
- Add the broth, then add the chiles, garlic, salt, and cumin. Simmer about 15 minutes to blend flavors, then set aside. Preheat oven to 350 degrees F (175 degrees C.)
- In a heavy skillet, lightly fry tortillas in shallow oil, being careful not to make them too crisp to roll.
- Combine the cheeses and keep 1/2 cup aside for topping. Dip each tortilla in salsa verde (both sides.)
- Place 2 heaping tablespoons chicken and about 2 tablespoons cheese down the center of each; roll and place seam side down in a shallow dish.
- After all the rolled tortillas are in the dish, spoon additional salsa verde over them and then cover evenly with heavy cream.
- Sprinkle with remaining 1/2 cup cheese mixture, and with the green onions.
- Bake uncovered in preheated oven for 20 minutes.

Serve immediately, garnished with the olives, cherry tomatoes, and with additional salsa on the side.

Nutrition Facts

PROTEIN 16.99% **FAT 54.71%** **CARBS 28.3%**

Properties

Glycemic Index:53.92, Glycemic Load:17.49, Inflammation Score:-8, Nutrition Score:21.406086838764%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 652.2kcal (32.61%), Fat: 40.41g (62.17%), Saturated Fat: 20.41g (127.57%), Carbohydrates: 47.03g (15.68%), Net Carbohydrates: 39.74g (14.45%), Sugar: 6g (6.66%), Cholesterol: 126.63mg (42.21%), Sodium: 1125.75mg (48.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.23g (56.46%), Phosphorus: 570.68mg (57.07%), Calcium: 398.32mg (39.83%), Selenium: 27.43µg (39.19%), Vitamin A: 1529.08IU (30.58%), Fiber: 7.29g (29.18%), Vitamin B3: 5.71mg (28.54%), Vitamin C: 23.49mg (28.47%), Vitamin B6: 0.51mg (25.31%), Vitamin B2: 0.43mg (25.16%), Magnesium: 93.27mg (23.32%), Zinc: 3.35mg (22.32%), Manganese: 0.44mg (22.21%), Potassium: 556.62mg (15.9%), Vitamin E: 2.31mg (15.37%), Iron: 2.72mg (15.13%), Vitamin K: 15.6µg (14.86%), Copper: 0.26mg (13.25%), Vitamin B1: 0.2mg (13.05%), Vitamin B12: 0.57µg (9.57%), Folate: 36.65µg (9.16%), Vitamin B5: 0.91mg (9.13%), Vitamin D: 0.86µg (5.74%)