



WHATSheATE



Enchiladas Suizas



Gluten Free



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



1186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cream sauce
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 2 cups chicken breast strips/pre-cooked/chopped cooked thinly sliced
- ☐ 0.3 cup crema mexicana with a little milk, if needed, so it's pourable
- ☐ 0.3 cup wine dry white
- ☐ 1 pt cup heavy whipping cream
- ☐ 0.8 teaspoon kosher salt
- ☐ 4 ounces pasilla de oaxaca

- ☐ 0.5 teaspoon pepper
- ☐ 4 servings pico de gallo
- ☐ 0.5 cup queso fresco crumbled
- ☐ 8 ounces queso fresco crumbled
- ☐ 0.3 onion red thinly sliced
- ☐ 1 tablespoon shallots minced
- ☐ 0.3 teaspoon sugar
- ☐ 2 thyme sprigs
- ☐ 0.8 pound tomatillos husked rinsed
- ☐ 1 tablespoon vegetable oil
- ☐ 4 servings vegetable oil
- ☐ 8 corn tortillas white (7 in.)
- ☐ 4 servings frangelico
- ☐ 4 servings frangelico
- ☐ 8 ounces frangelico crumbled cooked
- ☐ 4 servings frangelico
- ☐ 4 servings frangelico
- ☐ 8 ounces frangelico crumbled cooked

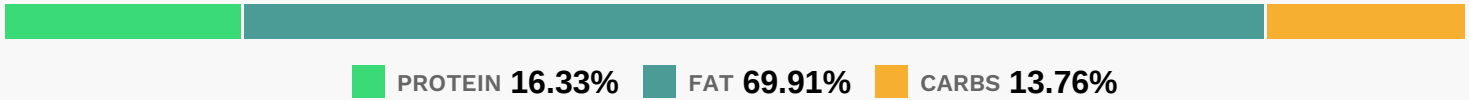
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Make sauce: Preheat broiler with rack on rung closest to heat. Set tomatillos on a foil-lined rimmed baking sheet. Broil, turning once, until blackened, 10 minutes. Pure in a blender. Measure 3/4 cup and set aside. Set oven to 35
- ☐ Heat oil in a medium saucepan over medium heat, then add shallot and cook until translucent, 2 to 3 minutes.
- ☐ Add thyme, salt, and pepper and cook until shallot starts to brown, 1 minute. Immediately add wine and reduce until almost gone, 2 minutes. Stir in cream, tomatillo pure, and sugar. Cook over medium-high heat, stirring often, about 5 minutes, then reduce heat and simmer until sauce thickly coats a metal spoon, 3 to 5 more minutes. Set aside.
- ☐ Heat 2 large frying pans over medium-high heat. In first pan, pour 1/4 in. oil and heat until shimmering. Working with 1 tortilla at a time, cook in dry pan, turning once, until softened, 10 to 20 seconds, then in oil, turning once, until puffy and softened but not crisp, 10 to 15 seconds. Arrange in a single layer on paper towels.
- ☐ Lay tortillas flat on a work surface. Arrange chicken and queso fresco down the centers.
- ☐ Roll closed and set, seams down, in a 9- by 13-in. baking dish (with no sauce on the bottom).
- ☐ Pour sauce over enchiladas; top with Oaxaca cheese.
- ☐ Bake until cheese melts and sauce is bubbling, 20 minutes.
- ☐ Garnish with queso fresco, cilantro, onion, and a drizzle of crema (from a squeeze bottle, if you have one).
- ☐ Add chorizo if you like and serve with salsa.
- ☐ *Find at Latino markets.

Nutrition Facts



Properties

Glycemic Index:75.4, Glycemic Load:10.59, Inflammation Score:-9, Nutrition Score:29.3417392399%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 1186.47kcal (59.32%), Fat: 92.6g (142.46%), Saturated Fat: 46.32g (289.53%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 35.77g (13.01%), Sugar: 12.49g (13.88%), Cholesterol: 260.85mg (86.95%), Sodium: 1544.11mg (67.14%), Alcohol: 1.54g (100%), Alcohol %: 0.38% (100%), Protein: 48.66g (97.33%), Phosphorus: 709.85mg (70.98%), Vitamin B3: 12.09mg (60.46%), Calcium: 590.67mg (59.07%), Selenium: 40.47µg (57.82%), Vitamin A: 2636.63IU (52.73%), Vitamin K: 46.47µg (44.25%), Vitamin B6: 0.7mg (35.25%), Vitamin B2: 0.5mg (29.35%), Vitamin B12: 1.64µg (27.28%), Magnesium: 104.78mg (26.2%), Vitamin D: 3.91µg (26.04%), Zinc: 3.77mg (25.14%), Vitamin E: 3.47mg (23.15%), Potassium: 748.43mg (21.38%), Fiber: 5.26g (21.02%), Manganese: 0.4mg (20.13%), Vitamin C: 13.37mg (16.2%), Vitamin B5: 1.45mg (14.49%), Iron: 2.38mg (13.21%), Vitamin B1: 0.2mg (13.04%), Copper: 0.23mg (11.71%), Folate: 23.86µg (5.96%)