



WHATSheATE

## Enchiladas Verdes

 Gluten Free

READY IN



60 min.

SERVINGS



9

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 teaspoons chicken soup base
- ☐ 1 cup cilantro leaves
- ☐ 9 corn tortillas
- ☐ 1 cup cotija cheese grated
- ☐ 2 cloves garlic
- ☐ 0.3 head iceberg lettuce shredded
- ☐ 8 ounce crema mexicana
- ☐ 0.5 rotisserie chicken cut shredded store-bought

- ☐ 3 serrano peppers
- ☐ 1 pound tomatillos green
- ☐ 1 cup vegetable oil for frying
- ☐ 3 cups water

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ aluminum foil
- ☐ tongs

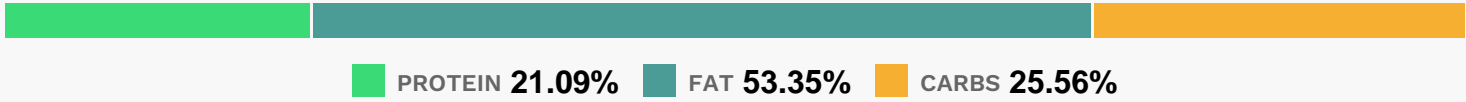
## Directions

- ☐ Cover a large griddle with aluminum foil and preheat to medium-high.
- ☐ Cook the garlic, serrano peppers, and tomatillos on the hot griddle until toasted and blackened, turning occasionally, about 5 minutes for the garlic, 10 minutes for the peppers, and 15 minutes for the tomatillos.
- ☐ Remove to a bowl and allow to cool.
- ☐ Heat oil in a small, deep skillet to 350 degrees F (175 degrees C). Using kitchen tongs, fry the tortillas individually, turning them once. They shouldn't be in the hot oil for more than 5 seconds per side.
- ☐ Remove excess oil with paper towels and keep warm. Remember that the hotter the oil, the less that the tortillas will absorb.
- ☐ Place the toasted garlic, serrano peppers, tomatillos, and the water in a blender and blend until smooth; pour into a saucepan over medium heat and bring to a boil. Dissolve the chicken bouillon into the mixture, reduce heat to medium-low, and cook at a simmer until slightly thickened, about 10 minutes. The sauce shouldn't be too thick.
- ☐ Soak three tortillas in the sauce, one at a time, for a few seconds, fill them with shredded chicken, sprinkle the meat with some of the sauce, roll them and place them seam side down

on a pasta bowl. Spoon a generous amount of sauce over them and top them with lettuce, cilantro, crema, and cotija cheese.

- ☐ Pour a little more sauce over the whole thing if desired. Repeat the procedure twice more.
- ☐ Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:19.06, Glycemic Load:5.36, Inflammation Score:-5, Nutrition Score:8.0813043402589%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

### Nutrients (% of daily need)

Calories: 272.5kcal (13.62%), Fat: 16.51g (25.4%), Saturated Fat: 3.9g (24.39%), Carbohydrates: 17.79g (5.93%), Net Carbohydrates: 14.88g (5.41%), Sugar: 3.55g (3.95%), Cholesterol: 60.3mg (20.1%), Sodium: 640.74mg (27.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.37%), Vitamin K: 23.67µg (22.54%), Phosphorus: 164.61mg (16.46%), Calcium: 156.41mg (15.64%), Fiber: 2.91g (11.65%), Vitamin B2: 0.19mg (11.06%), Manganese: 0.21mg (10.45%), Vitamin C: 7.91mg (9.59%), Vitamin B6: 0.18mg (9.2%), Vitamin A: 455.65IU (9.11%), Magnesium: 35.37mg (8.84%), Vitamin B3: 1.58mg (7.92%), Selenium: 4.72µg (6.74%), Potassium: 235.66mg (6.73%), Zinc: 0.98mg (6.56%), Vitamin B1: 0.08mg (5.53%), Copper: 0.11mg (5.51%), Vitamin E: 0.78mg (5.2%), Iron: 0.87mg (4.85%), Vitamin B12: 0.28µg (4.74%), Folate: 16.37µg (4.09%), Vitamin B5: 0.3mg (3.02%)