



Fastest-Ever Enchiladas

READY IN



80 min.

SERVINGS



6

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounce canned tomatoes diced with chiles, drained canned
- ☐ 2 cups cheddar grated
- ☐ 0.5 cup cilantro leaves finely chopped
- ☐ 6 8-inch flour tortillas ()
- ☐ 1 jalapeño deveined seeded finely chopped
- ☐ 1 juice of lime juiced
- ☐ 0.5 small onion red finely chopped
- ☐ 1 rotisserie chicken cut shredded (skin and bones discarded)
- ☐ 1 pinch salt

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 scallions light white green finely chopped
- ☐ 1 cup cup heavy whipping cream sour

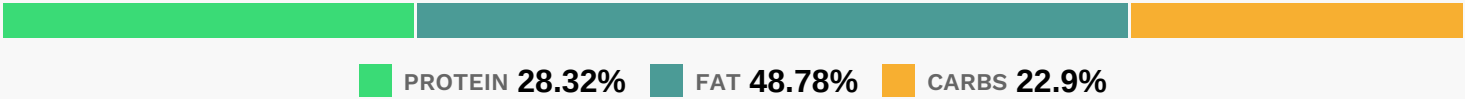
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the tomatoes, scallions, jalapeno, cilantro, and lime juice in a mixing bowl.
- ☐ Add a healthy pinch of salt and set aside at room temperature until ready to cook the enchiladas.
- ☐ Preheat your oven to 350 degrees F. Spray a 9 by 13-inch baking dish with nonstick cooking spray.
- ☐ Place the shredded chicken in a large bowl.
- ☐ Add half of the grated cheese, sour cream, and onion; season with salt and pepper.
- ☐ Mix well to combine.
- ☐ Place the tortillas on your work surface. Spoon about 1 cup of the chicken mixture across the center of each tortilla.
- ☐ Roll them up to close and place, seam side down, in the prepared baking dish.
- ☐ Pour the salsa over the tortillas. Cover with aluminum foil and bake until heated through, about 40 minutes.
- ☐ Remove the foil and sprinkle the enchiladas with the remaining 1 cup of grated cheese. Return the baking dish to the oven until the cheese is melted and edges of the tortillas are just beginning to get crisp, 5 to 8 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:9.86, Inflammation Score:-7, Nutrition Score:16.286521797595%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 598.24kcal (29.91%), Fat: 32.71g (50.33%), Saturated Fat: 14.8g (92.49%), Carbohydrates: 34.56g (11.52%), Net Carbohydrates: 31.11g (11.31%), Sugar: 6.93g (7.7%), Cholesterol: 156.28mg (52.09%), Sodium: 1076.17mg (46.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.73g (85.47%), Calcium: 409.28mg (40.93%), Selenium: 23.95µg (34.21%), Phosphorus: 334.12mg (33.41%), Vitamin B2: 0.42mg (24.65%), Vitamin B1: 0.33mg (22.29%), Manganese: 0.42mg (21.04%), Vitamin K: 21.73µg (20.7%), Vitamin A: 916.69IU (18.33%), Folate: 73.02µg (18.26%), Iron: 2.92mg (16.22%), Vitamin B3: 3.2mg (16.01%), Vitamin C: 12.49mg (15.14%), Fiber: 3.45g (13.8%), Zinc: 2mg (13.36%), Potassium: 378.82mg (10.82%), Magnesium: 41.44mg (10.36%), Copper: 0.21mg (10.35%), Vitamin B6: 0.2mg (9.92%), Vitamin E: 1.41mg (9.39%), Vitamin B12: 0.48µg (8%), Vitamin B5: 0.59mg (5.89%), Vitamin D: 0.23µg (1.51%)