



Gerry's Chicken Enchiladas

 Gluten Free

READY IN



115 min.

SERVINGS



6

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce canned tomatoes diced with green chile peppers canned
- 14.5 ounce chicken broth canned
- 10.8 ounce cream of chicken soup canned
- 6 6-inch corn tortillas ()
- 10 ounce enchilada sauce canned
- 1 bunch green onions chopped
- 0.5 pint heavy cream
- 1 onion chopped

- 3 cups cheddar cheese shredded
- 4 chicken breast halves boneless skinless
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Cut chicken breasts into 1 inch strips.
- Place in a medium bowl with desired marinade, and marinate in the refrigerator for at least 30 minutes.
- Preheat oven to 350 degrees F (175 degrees C).
- Heat oil in a large skillet over medium heat.
- Saute chicken and onions until chicken is evenly brown. Stir in diced tomatoes with green chile peppers, stewed tomatoes, chile peppers, soup and broth. Bring mixture to a boil. Reduce heat, cover skillet, and simmer for 20 to 30 minutes, or until chicken is no longer pink and juices run clear.
- Remove chicken from skillet, and shred when cool enough to handle. Meanwhile, allow skillet mixture to simmer and reduce to about 2 1/4 cups. In a medium bowl, combine shredded chicken and about 1/4 cup skillet mixture (just enough to make a paste like mixture).
- Mix together with half the chopped green onions.
- Pour remaining 2 cups of skillet mixture into a 9x13 inch baking dish.
- In a second skillet, heat cream over low heat, being careful not to boil. Dip tortillas in the warm cream to soften and coat. Spoon about 1/3 cup chicken mixture onto each tortilla. Top chicken mixture with half the shredded cheese, and roll up tortillas.
- Place rolled tortillas in baking dish, seam side down, and drizzle with enchilada sauce. Cover with remaining shredded cheese, and sprinkle remaining chopped green onion over cheese.
- Bake uncovered in preheated oven for 25 minutes, or until cheese is melted and bubbling.

Nutrition Facts

PROTEIN 27.86% FAT 57.25% CARBS 14.89%

Properties

Glycemic Index:29.92, Glycemic Load:7.4, Inflammation Score:-8, Nutrition Score:24.833912745766%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 739.91kcal (37%), Fat: 46.91g (72.17%), Saturated Fat: 23.22g (145.13%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 23.02g (8.37%), Sugar: 7.44g (8.26%), Cholesterol: 187.59mg (62.53%), Sodium: 1734.4mg (75.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.37g (102.73%), Selenium: 56.55µg (80.79%), Phosphorus: 648.84mg (64.88%), Vitamin B3: 10.19mg (50.94%), Calcium: 474.11mg (47.41%), Vitamin B6: 0.83mg (41.43%), Vitamin A: 1738IU (34.76%), Zinc: 4.85mg (32.35%), Vitamin B2: 0.52mg (30.33%), Vitamin B12: 1.5µg (24.96%), Magnesium: 74mg (18.5%), Vitamin K: 18.95µg (18.05%), Fiber: 4.42g (17.66%), Potassium: 575.58mg (16.45%), Vitamin B5: 1.56mg (15.59%), Iron: 2.54mg (14.11%), Vitamin C: 9.91mg (12.02%), Vitamin E: 1.71mg (11.38%), Copper: 0.19mg (9.66%), Manganese: 0.17mg (8.33%), Vitamin B1: 0.11mg (7.61%), Vitamin D: 1.11µg (7.42%), Folate: 26.18µg (6.55%)