



Green Chile Chicken Enchiladas

 Gluten Free

READY IN



50 min.

SERVINGS



5

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 1.3 pounds pepper flakes green such as hatch;
- ☐ 10 corn tortillas ()
- ☐ 6 large garlic clove finely chopped
- ☐ 3.8 cups chicken broth homemade divided reduced-sodium
- ☐ 2 cups monterrey jack cheese shredded white divided
- ☐ 3 tablespoons olive oil

- ☐ 0.5 teaspoon salt
- ☐ 2.5 cups chicken shredded cooked
- ☐ 5 servings cream sour

Equipment

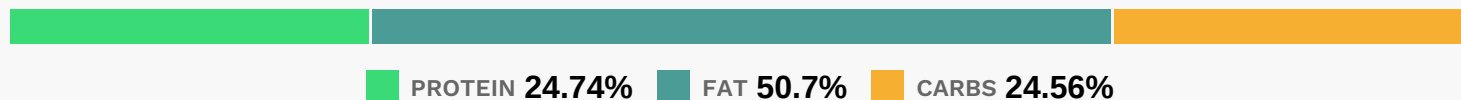
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ broiler
- ☐ stove

Directions

- ☐ Peel, stem and seed chiles, then finely chop (mince Anaheims and poblanos, since they're sturdier). Preheat oven to 40
- ☐ Heat oil and butter in a large frying pan over medium heat.
- ☐ Add garlic and cook until fragrant, about 30 seconds. Stir in chiles, salt, and pepper. Cook, stirring occasionally, 3 minutes to blend flavors.
- ☐ Add 1 1/4 cups broth and simmer until reduced by one-third, about 10 minutes.
- ☐ Meanwhile, prepare tortillas: In a small frying pan, bring remaining 2 1/2 cups broth to a gentle simmer. Working with one at a time, very briefly dip tortillas into broth to barely soften.
- ☐ Transfer each tortilla to a large baking sheet (you may need 2 or 3 sheets). Do not overlap or tortillas will stick.
- ☐ Divide 1 1/4 cups cheese equally among tortillas and top each with shredded chicken, dividing evenly. Wrap tortilla around filling and transfer, seam-side down, to a 9- by 13-in. baking dish.
- ☐ Pour chile sauce over enchiladas, leaving an inch or so bare at either end of the enchiladas if you like a bit of crunch, and top with remaining 3/4 cup cheese.
- ☐ Bake until cheese is bubbling and browned, 15 to 20 minutes.
- ☐ Serve with sour cream.

- ☐ *Find frozen flame-roasted New Mexico green chiles, mild to spicy, for \$6 for 5 lbs. at newmexicanconnection.com. If using Anaheims and poblanos, broil until they blacken all over, 10 to 15 minutes, turning once, and let them cool before peeling.
- ☐ Cooking with chiles
- ☐ This recipe is best when made with New Mexico chiles, preferably northern varieties such as Chimayo. Anaheim chiles, which are a New Mexico variety, are widely available throughout the West and make a fine substitute for northern green chiles roast them over a stovetop burner or under a broiler to blacken the skins. (And if you're sensitive to chiles, wear gloves when handling.) Canned green chiles just don't cut it here.
- ☐ See "Finding New Mexico Chiles," (below) for mail-order sources.
- ☐ Finding New Mexico chiles
- ☐ Native Seeds/SEARCH. Grow northern New Mexico chiles from heirloom seeds. www.nativeseeds.org or 866/622-
- ☐ New Mexican Connection. We couldn't find a reliable mail-order source for roasted northern green chiles, but we did find good roasted Sandia chiles here. \$56 for 5 lbs., including shipping; www.newmexicanconnection.com or 800/933-
- ☐ Santa Fe Farmers Market. The best place to find northern New Mexico chiles, both fresh and dried. Various locations and hours; contact www.santafefarmersmarket.com or 505/983-

Nutrition Facts



Properties

Glycemic Index:46.9, Glycemic Load:14.23, Inflammation Score:-9, Nutrition Score:28.41739138313%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 596.49kcal (29.82%), Fat: 34.4g (52.93%), Saturated Fat: 14.32g (89.48%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 32.39g (11.78%), Sugar: 7.37g (8.19%), Cholesterol: 105.83mg (35.28%), Sodium: 665.5mg (28.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.77g (75.54%), Vitamin C: 164.18mg (199.01%),

Phosphorus: 615.85mg (61.58%), Vitamin B6: 1.08mg (53.92%), Vitamin B3: 10.21mg (51.07%), Calcium: 431.09mg (43.11%), Selenium: 28.51µg (40.72%), Vitamin A: 1603.03IU (32.06%), Vitamin B2: 0.49mg (28.77%), Zinc: 3.66mg (24.4%), Manganese: 0.49mg (24.3%), Potassium: 843.89mg (24.11%), Magnesium: 94.7mg (23.67%), Vitamin K: 22.83µg (21.74%), Fiber: 5.1g (20.41%), Iron: 3.49mg (19.39%), Copper: 0.39mg (19.34%), Vitamin E: 2.37mg (15.8%), Vitamin B12: 0.79µg (13.09%), Vitamin B1: 0.19mg (12.71%), Vitamin B5: 1.13mg (11.28%), Folate: 41.26µg (10.32%), Vitamin D: 0.27µg (1.81%)