



HERDEZ® Enchiladas Suizas

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado peeled sliced
- ☐ 14.5 ounce chicken broth canned
- ☐ 8 6-inch corn tortillas warmed ()
- ☐ 3 cloves garlic minced
- ☐ 12 ounce herdez® tomatilla verde mexican cooking sauce divided
- ☐ 0.5 onion chopped
- ☐ 1 teaspoon salt
- ☐ 1 serrano chiles halved

- ☐ 0.5 cup mexican cheese blend shredded
- ☐ 2 chicken breast halves shredded boneless skinless cooked
- ☐ 8 servings cup heavy whipping cream sour
- ☐ 8 slices swiss cheese
- ☐ 10 small tomatillos fresh

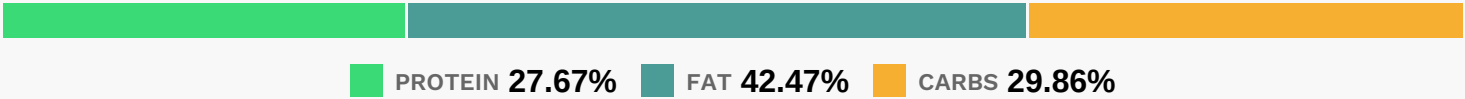
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat an outdoor grill for medium-high heat and lightly oil the grate. Roast halved tomatillos and halved serrano pepper on grill, turning to brown on all sides, about 8 minutes.
- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Reserve 2 ounces of the tomatillo verde cooking sauce for serving.
- ☐ Place roasted tomatillos, serrano pepper, onion, garlic, salt, chicken broth and 10 ounces verde cooking sauce into blender. Blend for 15 seconds.
- ☐ Add chunks of Swiss cheese. Blend again. (If the sauce tastes too spicy, add 1 tablespoon of sour cream.)
- ☐ Pour 1/4 cup of enchilada sauce into a 9x13-inch baking dish to coat the bottom.
- ☐ Divide chicken among the tortillas, and roll them up. Arrange in baking dish, seam side down.
- ☐ Pour enchilada sauce over rolled tortillas.
- ☐ Lay Swiss cheese slices on top of sauce and top with avocado slices.
- ☐ Sprinkle the casserole with shredded cheese.
- ☐ Cover with foil and bake in preheated oven for 20 minutes; uncover and bake 10 minutes until cheese is melted and bubbly.
- ☐ Serve with the reserved sauce. Top with sour cream or Mexican table crema.

Nutrition Facts



Properties

Glycemic Index:21.81, Glycemic Load:5.53, Inflammation Score:-5, Nutrition Score:15.264782729356%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 409.92kcal (20.5%), Fat: 19.41g (29.87%), Saturated Fat: 7.53g (47.05%), Carbohydrates: 30.71g (10.24%), Net Carbohydrates: 26.41g (9.6%), Sugar: 12.71g (14.13%), Cholesterol: 73.31mg (24.44%), Sodium: 1173.5mg (51.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.46g (56.92%), Phosphorus: 390.6mg (39.06%), Selenium: 27.2µg (38.86%), Vitamin B3: 5.85mg (29.25%), Vitamin B6: 0.5mg (25.08%), Calcium: 249.09mg (24.91%), Zinc: 3.06mg (20.43%), Vitamin B12: 1.2µg (19.92%), Fiber: 4.3g (17.19%), Magnesium: 61.32mg (15.33%), Potassium: 517.17mg (14.78%), Vitamin B2: 0.24mg (14.22%), Manganese: 0.22mg (11.16%), Vitamin C: 9.13mg (11.06%), Vitamin K: 11.54µg (10.99%), Vitamin B5: 0.99mg (9.91%), Vitamin A: 454.33IU (9.09%), Iron: 1.61mg (8.93%), Copper: 0.17mg (8.69%), Folate: 31.46µg (7.86%), Vitamin E: 1.14mg (7.63%), Vitamin B1: 0.09mg (5.98%)