



Jessica Alba's Chicken Enchiladas

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.3 oz olives black drained sliced canned
- 4 servings ground pepper
- 4 cups chicken stock see
- 8 6-inch corn tortillas (es across)
- 16 oz enchilada sauce green canned
- 16 oz enchilada sauce traditional canned
- 0.5 cup cilantro leaves fresh chopped
- 1 clove garlic

- 4 servings hot sauce
- 1 jalapeno
- 0.5 cup monterrey jack cheese shredded
- 12 oz salsa
- 1 cup cheddar cheese shredded
- 20 oz chicken breast boneless skinless cut into strips

Equipment

- bowl
- frying pan
- ladle
- oven
- pot
- casserole dish
- microwave

Directions

- Heat oven to 425°. In a medium pot, boil stock, chicken, jalapeño and garlic 15 minutes or until chicken is cooked through. Strain chicken, run cold water over it and shred into a bowl.
- Mix in salsa and set aside. In a separate bowl, combine cheddar, 1/4 cup Monterey Jack, cilantro and olives; set aside. In a large pot over medium heat, combine enchilada sauces and add Mexican hot sauce and cayenne to taste. Stir until simmering. Set aside. Coat an 11" x 13" casserole pan with nonstick spray. Microwave tortillas 20 seconds.
- Place small handfuls of cheese mixture and chicken in center of each tortilla, roll up and place in pan, seam side down.
- Sprinkle with remaining cheese mixture. Ladle on sauce, then add remaining 1/4 cup Monterey Jack.
- Bake 20 minutes.
- Serve with remaining sauce on the side.
- Self

Nutrition Facts

PROTEIN 35.93% FAT 25.38% CARBS 38.69%

Properties

Glycemic Index:50.88, Glycemic Load:10.39, Inflammation Score:-9, Nutrition Score:33.074782837992%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 610.38kcal (30.52%), Fat: 17.26g (26.56%), Saturated Fat: 6.15g (38.41%), Carbohydrates: 59.22g (19.74%), Net Carbohydrates: 49.32g (17.93%), Sugar: 23.3g (25.89%), Cholesterol: 116.42mg (38.81%), Sodium: 3566.07mg (155.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.98g (109.97%), Vitamin B3: 20.62mg (103.1%), Selenium: 61.18µg (87.4%), Vitamin B6: 1.58mg (78.83%), Phosphorus: 761.94mg (76.19%), Vitamin A: 3206.62IU (64.13%), Fiber: 9.9g (39.61%), Potassium: 1191.93mg (34.06%), Vitamin B2: 0.55mg (32.38%), Calcium: 317.21mg (31.72%), Magnesium: 111.02mg (27.75%), Vitamin B5: 2.36mg (23.6%), Iron: 3.9mg (21.66%), Zinc: 3.03mg (20.18%), Vitamin E: 2.96mg (19.72%), Vitamin B1: 0.27mg (18.2%), Vitamin C: 14.86mg (18.01%), Manganese: 0.35mg (17.73%), Copper: 0.35mg (17.43%), Vitamin K: 13.55µg (12.9%), Vitamin B12: 0.54µg (8.99%), Folate: 34.13µg (8.53%), Vitamin D: 0.25µg (1.7%)