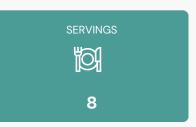


Layered Chicken Enchiladas with Tomatillo-Cilantro Sauce

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

2 cups very cliantro	fresh packed coarsel	y chopped (
12 6 inch carn tartill	00	

12 6-inch corn tortillas

10 garlic cloves peeled

2 cups green onions sliced

1.3 cups low-salt chicken broth

4 cups purchased roasted chicken

1 large serrano chile with seeds) sliced

	1 pound whole-milk mozzarella cheese cut into strips		
	2 pounds tomatillos husked rinsed halved		
	1 cup whipping cream		
Equipment			
	sauce pan		
	oven		
	baking pan		
Di	rections		
	Preheat oven to 450°F.		
	Mix tomatillos, chicken broth, and garlic cloves in large saucepan. Cover and bring mixture to boil. Reduce heat; simmer gently until tomatillos are soft, about 10 minutes.		
	Transfer hot mixture to processor.		
	Add sliced green onions, chopped cilantro, and sliced chile; blend mixture to coarse puree. Season sauce to taste with salt and pepper.		
	Overlap 6 tortillas in 13x9x2-inch oval or rectangular baking dish. Top tortillas with half of chicken strips and half of mozzarella strips.		
	Pour 2 cups tomatillo sauce evenly over. Top with remaining tortillas, chicken strips, and mozzarella.		
	Pour 11/2 cups tomatillo sauce over, then whipping cream.		
	Sprinkle with salt and pepper.		
	Bake until bubbling, about 25 minutes. Cool enchiladas 10 minutes.		
	Serve with remaining tomatillo sauce.		
	Related to both the tomato and the gooseberry, tomatillos look like small green tomatoes with papery husks. They are tart and acidic with flavors of apple and lemon, and can be eated raw or cooked. Choose ones that are firm; make sure to remove the husk and rinse the fruit before using. You'll find tomatillos at some supermarkets and at Latin markets.		

Nutrition Facts

Properties

Glycemic Index:21.44, Glycemic Load:8.62, Inflammation Score:-8, Nutrition Score:25.097826335741%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 530.1kcal (26.51%), Fat: 30.63g (47.13%), Saturated Fat: 15.98g (99.87%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 24.34g (8.85%), Sugar: 6.98g (7.76%), Cholesterol: 130.91mg (43.64%), Sodium: 452.33mg (19.67%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 35.77g (71.53%), Vitamin K: 78.01µg (74.3%), Phosphorus: 547.32mg (54.73%), Vitamin B3: 9mg (44.98%), Selenium: 31.42µg (44.88%), Calcium: 382.92mg (38.29%), Vitamin A: 1505.9IU (30.12%), Vitamin B6: 0.54mg (27.12%), Vitamin B12: 1.58µg (26.34%), Vitamin C: 20.73mg (25.13%), Vitamin B2: 0.43mg (25.09%), Zinc: 3.75mg (25.01%), Manganese: 0.45mg (22.55%), Fiber: 5.48g (21.92%), Magnesium: 86.39mg (21.6%), Potassium: 746.98mg (21.34%), Iron: 2.9mg (16.1%), Copper: 0.26mg (12.99%), Vitamin B1: 0.18mg (11.82%), Vitamin B5: 1.11mg (11.14%), Folate: 37.31µg (9.33%), Vitamin E: 1.17mg (7.78%), Vitamin D: 0.7µg (4.69%)