



WHATSheATE



Layered Chicken Enchiladas with Tomatillo-Cilantro Sauce

 Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups very cilantro fresh packed coarsely chopped ()
- ☐ 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

Directions

- ☐ 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 1 1/2 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 eaten 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



 PROTEIN **26.59%**  FAT **51.24%**  CARBS **22.17%**

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, Kaempferol: 0.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.97mg, Quercetin: 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 %: 0% (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%)