



Light Chicken Enchiladas

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 corn tortillas
- ☐ 0.5 teaspoon thyme leaves dried fresh
- ☐ 3 cloves garlic smashed
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 to 2 jalapeño peppers seeded sliced
- ☐ 4 servings kosher salt
- ☐ 6 ounces muenster cheese shredded
- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing

- ☐ 1 cup parsley and cilantro mixed fresh chopped
- ☐ 0.5 pound chicken breast boneless skinless halved lengthwise
- ☐ 1.5 pounds to 4 tomatoes cored roughly chopped
- ☐ 1 medium onion white minced

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ baking pan

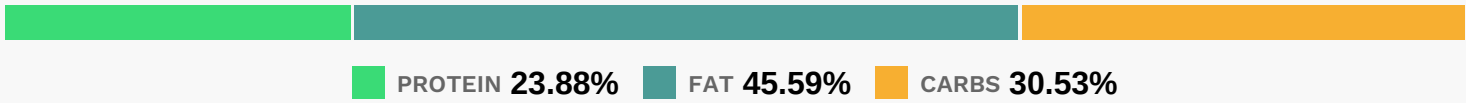
Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
- ☐ Add the jalapeno, garlic, thyme and half of the onion. Cook, stirring, until soft, about 3 minutes.
- ☐ Add the chicken, 1 teaspoon salt and 3/4 cup water. Bring to a boil, then cover and cook until the chicken is tender, about 6 minutes.
- ☐ Remove the chicken to a plate.
- ☐ Transfer the cooking liquid and vegetables to a blender; add the tomatoes and allspice and puree with the lid ajar. Wipe out the skillet, add the remaining 1 tablespoon olive oil and place over medium-high heat.
- ☐ Add the tomato mixture and cook until slightly reduced, 6 minutes.
- ☐ Pour into a baking dish.
- ☐ Brush the tortillas with olive oil and put on a baking sheet; bake 5 minutes. Shred the chicken. Top each tortilla with chicken and cheese, then roll up and arrange in the baking dish, seam-side down, spooning some sauce on top.
- ☐ Bake until the cheese melts, 4 minutes.
- ☐ Toss the herbs, remaining onion, and salt to taste.
- ☐ Sprinkle on top.

Per serving: Calories 452; Fat 23 g (Saturated 9 g); Cholesterol 74 mg; Sodium 852 mg; Carbohydrate 35 g; Fiber 4 g; Protein 27 g

Photograph by Andrew Purcell

Nutrition Facts



Properties

Glycemic Index:62.88, Glycemic Load:12.91, Inflammation Score:-10, Nutrition Score:29.351304303045%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg, Apigenin: 32.33mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg, Quercetin: 6.83mg

Nutrients (% of daily need)

Calories: 448.75kcal (22.44%), Fat: 23.25g (35.77%), Saturated Fat: 9.74g (60.87%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 28.51g (10.37%), Sugar: 6.87g (7.63%), Cholesterol: 77.11mg (25.7%), Sodium: 568.91mg (24.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.4g (54.8%), Vitamin K: 267.77µg (255.02%), Vitamin A: 3173.49IU (63.47%), Vitamin C: 50.98mg (61.8%), Phosphorus: 543.75mg (54.37%), Calcium: 402.59mg (40.26%), Vitamin B3: 8.05mg (40.25%), Selenium: 27.98µg (39.97%), Vitamin B6: 0.79mg (39.44%), Fiber: 6.53g (26.1%), Potassium: 911.31mg (26.04%), Manganese: 0.49mg (24.68%), Magnesium: 94.33mg (23.58%), Zinc: 2.74mg (18.29%), Vitamin E: 2.54mg (16.97%), Vitamin B2: 0.29mg (16.86%), Folate: 64.96µg (16.24%), Iron: 2.73mg (15.17%), Copper: 0.25mg (12.65%), Vitamin B1: 0.19mg (12.4%), Vitamin B12: 0.74µg (12.31%), Vitamin B5: 1.22mg (12.15%), Vitamin D: 0.31µg (2.08%)