

# Poblano Chile Enchiladas a la Gringa

 Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon chicken soup base
- 10 6-inch corn tortillas ( )
- 2 tablespoons garlic minced
- 2 tablespoons olive oil
- 1 medium onion chopped
- 4 poblano chilies fresh
- 1 cup mozzarella cheese shredded
- 16 ounce chicken breast halves boneless skinless

- 8 ounce cup heavy whipping cream sour
- 3 cups water

## Equipment

- bowl
- frying pan
- sauce pan
- blender
- plastic wrap
- broiler
- ziploc bags
- tongs

## Directions

- Place the chicken breasts, garlic, onion, water, and chicken bouillon into a saucepan. Bring to a boil, then reduce heat to medium-low and simmer for 40 minutes. When finished, remove the chicken to a plate to cool. Measure out 1 cup of the chicken broth and discard the rest.
- Roast the poblano chiles over an open flame, or underneath a broiler until the skin has blackened on all sides.
- Place the chiles into a plastic bag, or a bowl covered with plastic wrap, and allow to steam as they cool, about 30 minutes. When cool, peel the blackened skin off of the pepper, and remove the seeds and membrane.
- Place the reserved chicken broth into a blender along with the roasted poblanos and sour cream. Puree until smooth and set aside.
- Heat the olive oil in a skillet over medium heat. Fry the tortillas one at a time until softened and beginning to crisp.
- Place onto a plate and set aside.
- Pour the pureed poblano mixture into the skillet and simmer for 10 minutes. While the sauce is cooking, slice the cooled chicken breasts into 1/4 inch strips.
- Using tongs, dip a tortilla into the sauce, coating both sides.

- Place some of the chicken in the center of the tortilla, roll tightly, then place on a serving dish with the seam side down. Repeat with remaining tortillas. Spoon any remaining sauce over top of the enchiladas, then sprinkle with the shredded mozzarella cheese.

## Nutrition Facts

PROTEIN 25.75% FAT 46.17% CARBS 28.08%

### Properties

Glycemic Index:17.95, Glycemic Load:6.06, Inflammation Score:-5, Nutrition Score:11.158260848211%

### Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

### Nutrients (% of daily need)

Calories: 226.97kcal (11.35%), Fat: 11.79g (18.13%), Saturated Fat: 4.56g (28.47%), Carbohydrates: 16.12g (5.37%), Net Carbohydrates: 14g (5.09%), Sugar: 2.64g (2.93%), Cholesterol: 51.32mg (17.11%), Sodium: 266.88mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.79g (29.58%), Vitamin C: 27.93mg (33.86%), Selenium: 19.36µg (27.65%), Vitamin B3: 5.41mg (27.07%), Vitamin B6: 0.53mg (26.74%), Phosphorus: 247.99mg (24.8%), Calcium: 113.83mg (11.38%), Magnesium: 41.65mg (10.41%), Potassium: 335.06mg (9.57%), Vitamin B2: 0.15mg (9.08%), Manganese: 0.17mg (8.64%), Fiber: 2.13g (8.51%), Vitamin B5: 0.83mg (8.29%), Vitamin A: 402.87IU (8.06%), Zinc: 1.1mg (7.31%), Vitamin B12: 0.4µg (6.59%), Vitamin B1: 0.08mg (5.54%), Vitamin E: 0.8mg (5.33%), Copper: 0.1mg (5.06%), Vitamin K: 4.97µg (4.73%), Iron: 0.81mg (4.5%), Folate: 11.7µg (2.92%)