



Quick and Easy Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces rancherito cheese shredded
- ☐ 20 ounce chicken chunks drained canned
- ☐ 3 tablespoons corn oil
- ☐ 12 6-inch corn tortillas ()
- ☐ 1 cup lettuce shredded
- ☐ 1 onion chopped
- ☐ 0.3 cup romano cheese grated
- ☐ 6 servings salt and pepper to taste

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 tomatoes diced
- ☐ 1 cup tomato sauce

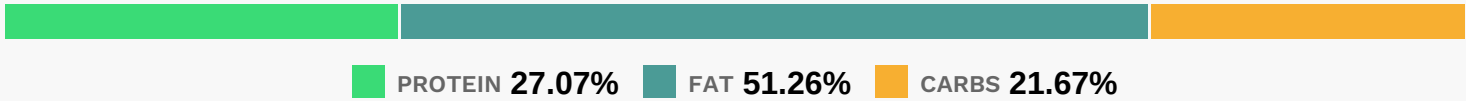
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To Make Chicken
- ☐ Mixture: In a medium skillet heat oil.
- ☐ Add onion and saute until translucent.
- ☐ Add tomato, chicken and salt and pepper to taste. Cook until heated through. Set aside.
- ☐ To Make Cheese
- ☐ Mix together rancherito cheese and Romano cheese.
- ☐ Pour tomato sauce into a shallow dish or bowl. In a separate medium skillet, heat oil. One by one, dip corn tortillas in tomato sauce, covering both sides. Then slip carefully into hot oil in skillet. Fry for only about 30 seconds on each side. Set on clean dish and fill with chicken mix and a sprinkle of cheese mix.
- ☐ Roll up. Repeat until all tortillas are filled OR filling runs out, whichever comes first. Top with shredded lettuce, diced tomato and sour cream and serve.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:11.7, Inflammation Score:-7, Nutrition Score:18.440434777218%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg,

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

Nutrients (% of daily need)

Calories: 561.89kcal (28.09%), Fat: 32.17g (49.49%), Saturated Fat: 11.89g (74.34%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 26g (9.46%), Sugar: 3.95g (4.38%), Cholesterol: 95.04mg (31.68%), Sodium: 1169.36mg (50.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.22g (76.44%), Phosphorus: 543.6mg (54.36%), Selenium: 32.56µg (46.52%), Calcium: 390.87mg (39.09%), Zinc: 4.74mg (31.63%), Vitamin B12: 1.41µg (23.54%), Vitamin B2: 0.36mg (21.46%), Vitamin A: 1032.23IU (20.64%), Vitamin B6: 0.41mg (20.52%), Magnesium: 79.33mg (19.83%), Fiber: 4.59g (18.36%), Vitamin B3: 3.64mg (18.21%), Vitamin E: 2.54mg (16.94%), Potassium: 499.56mg (14.27%), Manganese: 0.28mg (14.07%), Iron: 2.5mg (13.91%), Vitamin K: 12µg (11.43%), Copper: 0.21mg (10.61%), Vitamin C: 7.45mg (9.03%), Folate: 27.01µg (6.75%), Vitamin B1: 0.09mg (6.27%), Vitamin B5: 0.44mg (4.41%), Vitamin D: 0.34µg (2.28%)