



HEALTH SCORE

67%

Roast Chicken Enchilada Suizas Stacked Casserole



Very Healthy

READY IN

**110 min.**

SERVINGS

**4**

CALORIES

**1344 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 quart chicken stock-in-a-box
- ☐ 2 small handfuls cilantro leaves
- ☐ 12 6-inch flour tortillas dry softened 5-inch
- ☐ 4 cloves garlic finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons honey
- ☐ 1 jalapeño chopped

- ☐ 1 juice of lime juiced
- ☐ 1 cup crema mexicana sour
- ☐ 1.5 cups monterrey jack cheese shredded from
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 servings onion rings raw red for garnish
- ☐ 2 medium onions chopped
- ☐ 4 medium poblano peppers
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 pounds meat from a rotisserie chicken shredded cooked
- ☐ 1.5 cups swiss cheese shredded from
- ☐ 12 medium tomatillos rinsed peeled quartered

Equipment

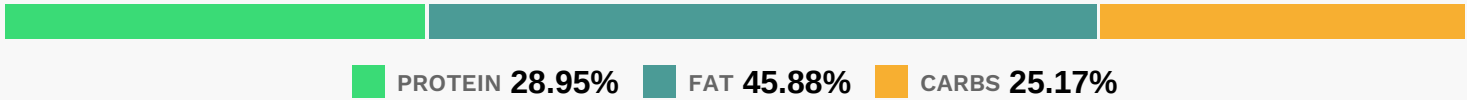
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ broiler
- ☐ stove

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the broiler to high. Arrange the poblanos on a sheet pan, put them under the hot broiler and char until blackened on all sides, 10 to 12 minutes. Leave the door of the oven cracked to allow the steam to escape. Peppers can also be easily charred over an open stovetop flame if you have gas burners.
- ☐ Put the peppers in a bowl and cover tightly with plastic wrap. Allow the peppers to sit until cool enough to handle. Peel and seed the peppers.

- ☐ Heat the extra-virgin olive oil, 2 turns of the pan, in a skillet over medium-high heat.
- ☐ Add the jalapeno, onions, and garlic and cook until the onions soften, about 5 minutes.
- ☐ Put the tomatillos and a small handful of cilantro in a food processor. Coarsely chop the poblanos and add them to the processor. Process until almost a smooth sauce forms, about 1 minute.
- ☐ Pour the sauce into the skillet and stir to combine. Stir in the cumin, honey and stock, and season with salt and pepper, to taste. Reduce the heat and simmer about 20 minutes, then add the lime juice and turn off the heat.
- ☐ Pour a thin layer of sauce into the bottom of a medium casserole.
- ☐ Layer in 3 flour tortillas or 4 corn tortillas then top with some shredded chicken, dot with some sauce and small spoonfuls of Mexican crema, creme fraiche or sour cream and sprinkle with a little Swiss and Jack cheeses. Repeat twice more. Cool and chill for a make-ahead meal.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Put the casserole on a baking sheet and bake until heated through and bubbly on top, about 40 to 50 minutes. The baking sheet will catch any drips of sauce or cheese.
- ☐ Garnish the stacked enchilada casserole with raw red onion rings and serve.

Nutrition Facts



Properties

Glycemic Index:83.82, Glycemic Load:18.75, Inflammation Score:-10, Nutrition Score:52.509130374245%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 5.68mg, Luteolin: 5.68mg, Luteolin: 5.68mg, Luteolin: 5.68mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 25.49mg, Quercetin: 25.49mg, Quercetin: 25.49mg, Quercetin: 25.49mg

Nutrients (% of daily need)

Calories: 1344.13kcal (67.21%), Fat: 68.19g (104.9%), Saturated Fat: 24.2g (151.22%), Carbohydrates: 84.16g (28.05%), Net Carbohydrates: 74.89g (27.23%), Sugar: 23.85g (26.51%), Cholesterol: 283.84mg (94.61%), Sodium: 1754.79mg (76.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 96.81g (193.63%), Vitamin C: 123.75mg (150%), Selenium: 100.97µg (144.25%), Vitamin B3: 28.35mg (141.75%), Phosphorus: 1210.41mg (121.04%), Calcium: 993.63mg (99.36%), Vitamin B6: 1.7mg (85.18%), Vitamin B2: 1.19mg (69.75%), Vitamin B1: 0.86mg (57.54%), Zinc: 7.94mg (52.96%), Manganese: 1.02mg (51.11%), Iron: 8.6mg (47.8%), Potassium: 1629.82mg (46.57%), Folate: 161.21µg (40.3%), Magnesium: 149.07mg (37.27%), Vitamin B12: 2.23µg (37.21%), Fiber: 9.27g (37.08%), Vitamin A: 1668.76IU (33.38%), Vitamin K: 34.83µg (33.17%), Vitamin B5: 3.07mg (30.66%), Copper: 0.61mg (30.3%), Vitamin E: 2.46mg (16.38%), Vitamin D: 0.25µg (1.69%)