






 **100%**  
HEALTH SCORE

# Roasted Green Chile-Chicken Enchiladas

 Very Healthy

READY IN  
  
**170 min.**

SERVINGS  
  
**4**

CALORIES  
  
**1876 kcal**

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

## Ingredients

- 4 avocados ripe
- 3 cups chicken stock see canned
- 1 Leaves from 1/2 bunch cilantro fresh chopped
- 12 large corn tortillas
- 0.3 cup flour all-purpose
- 1 handful cilantro leaves fresh finely chopped
- 0.5 bunch cilantro leaves fresh coarsely chopped
- 1 garlic clove minced

- 3 garlic cloves chopped
- 1 teaspoon ground cumin
- 1.5 teaspoons ground cumin
- 2 jalapeño peppers stemmed
- 2 juice of lime juiced
- 3 juice of lime juiced
- 4 servings kosher salt and pepper freshly ground
- 0.5 pound monterrey jack cheese shredded
- 4 servings olive oil extra-virgin
- 1 onion quartered
- 1 onion sliced
- 3 poblano peppers
- 0.5 onion red chopped
- 1 deli roasted chicken shredded
- 4 servings salt
- 4 servings salt and pepper black freshly ground
- 2 serrano chiles sliced
- 1 pint cup heavy whipping cream sour
- 12 tomatillos husked rinsed
- 4 servings splash vinegar white
- 4 servings water

## Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- mixing bowl
- blender

- plastic wrap
- baking pan
- stove
- spatula
- tongs
- cutting board

## Directions

- Put the tomatillos, jalapenos, and onion in a saucepan with the vinegar and water to cover. Bring to a boil, reduce the heat and poach until the tomatillos are soft, about 10 minutes.
- Drain.
- Put the vegetables in a blender, add the cumin, and puree.
- Add the cilantro, lime juice, and salt, and pulse to combine. Set aside.
- Meanwhile, place the poblano peppers directly over the flame on a gas stove and cook, turning with tongs, until the skin is charred and blackened. (Or, if you have an electric stove, put the chiles on a baking sheet and broil, turning with tongs, until the skin is blackened.) Skin the peppers; then seed, core, and dice them.
- Heat a 2-count of olive oil in a medium saucepan over medium heat.
- Add the onion and cook until softened and caramelized, 5 to 7 minutes.
- Add the garlic and cook 1 minute. Stir in the cumin and cook 1 minute. Then sprinkle on the flour and cook, stirring, 1 more minute. Gradually pour in the stock, stirring constantly. Bring to a simmer, stirring to make sure the flour doesn't stick to the bottom of the pan; the liquid will thicken. Fold in the chicken, diced peppers, and cilantro, and season well with salt and pepper.
- To assemble the dish: Preheat the oven to 350 degrees F. Get your self a large baking dish. Dip a tortilla into the tomatilla salsa and put it on a cutting board. Put a big scoop of the chicken mixture in the center, sprinkle with a little of the cheese, and roll the tortilla like a cigar to enclose the filling. Use a spatula to place it seam side down in the baking dish. Continue to fill all of the tortillas and put them in the baking dish.
- Pour the remaining tomatilla salsa over the top and sprinkle with the remaining cheese.
- Bake uncovered for about 30 minutes until bubbly and cracked on top.
- Serve hot with the guacamole and sour cream.

- Halve and pit the avocados. Scoop out the flesh with a tablespoon into a mixing bowl. Mash the avocados with a fork, leaving them somewhat chunky.
- Add the remaining ingredients, and fold everything together to gently mix.
- Lay a piece of plastic wrap right on the surface of the guacamole so it doesn't brown and refrigerate 1 hour before serving.

## Nutrition Facts

**PROTEIN 26.92%**

**FAT 54.78%**

**CARBS 18.3%**

### Properties

Glycemic Index:140.88, Glycemic Load:23.06, Inflammation Score:-10, Nutrition Score:67.494782116102%

### Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg 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: 4.45mg, Luteolin: 4.45mg, Luteolin: 4.45mg, Luteolin: 4.45mg Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg, Isorhamnetin: 3.44mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 18.2mg, Quercetin: 18.2mg, Quercetin: 18.2mg, Quercetin: 18.2mg

### Nutrients (% of daily need)

Calories: 1875.97kcal (93.8%), Fat: 115.98g (178.42%), Saturated Fat: 37.42g (233.85%), Carbohydrates: 87.17g (29.06%), Net Carbohydrates: 63.21g (22.99%), Sugar: 16.53g (18.37%), Cholesterol: 377.13mg (125.71%), Sodium: 1758.43mg (76.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 128.22g (256.44%), Vitamin C: 132.48mg (160.58%), Selenium: 109.61µg (156.59%), Vitamin B3: 30.58mg (152.92%), Phosphorus: 1493.66mg (149.37%), Vitamin B6: 2.5mg (125.24%), Fiber: 23.96g (95.82%), Zinc: 12.58mg (83.89%), Vitamin B2: 1.38mg (81.2%), Vitamin K: 83.7µg (79.72%), Potassium: 2754.98mg (78.71%), Calcium: 746.34mg (74.63%), Magnesium: 272.34mg (68.08%), Folate: 250.47µg (62.62%), Vitamin B5: 6.19mg (61.93%), Vitamin E: 8.68mg (57.84%), Manganese: 1.14mg (57.19%), Iron: 9.99mg (55.51%), Vitamin A: 2577.27IU (51.55%), Copper: 1.01mg (50.73%), Vitamin B12: 2.95µg (49.21%), Vitamin B1: 0.61mg (40.46%), Vitamin D: 0.49µg (3.29%)