



Santa Fe Chicken Enchiladas

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans divided rinsed drained canned
- 1 cup chicken breast diced frozen thawed cooked
- 4 6-inch corn tortillas ()
- 3 tablespoons cilantro leaves fresh divided chopped
- 1.3 ounces monterrey jack cheese shredded divided
- 0.3 teaspoon pepper
- 0.3 cup cup heavy whipping cream fat-free sour
- 15 ounce chunky tomato sauce chili-style canned (such as Hunt's Ready Sauce)

2 tablespoons water

Equipment

bowl

oven

baking pan

microwave

Directions

Combine chicken, 2 tablespoons cilantro, and pepper in a small bowl; stir well.

Combine tomato sauce and water; pour into a plate. Set aside.

Microwave 2 tortillas, uncovered, at HIGH 10 seconds; dip each tortilla in sauce mixture. Spoon 1/4 cup chicken mixture down center of each tortilla; top each with 2 tablespoons black beans and 1 tablespoon cheese.

Roll up tortillas, and place seam sides down in an 8-inch square baking dish coated with cooking spray. Repeat procedure with remaining 2 tortillas, sauce mixture, chicken mixture, black beans, and cheese.

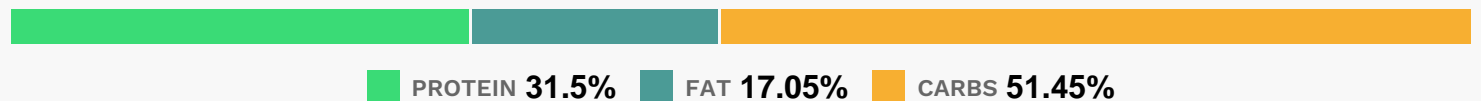
Pour any remaining tomato sauce mixture over enchiladas; top with remaining black beans and remaining cheese.

Bake, uncovered, at 375 for 20 minutes or just until bubbly.

Sprinkle with remaining 1 tablespoon cilantro.

Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:6.89, Inflammation Score:-7, Nutrition Score:17.545652405075%

Flavonoids

Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 282.96kcal (14.15%), Fat: 5.49g (8.44%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 26.64g (9.69%), Sugar: 4.12g (4.58%), Cholesterol: 39.45mg (13.15%), Sodium: 1027.25mg (44.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.81g (45.61%), Fiber: 10.61g (42.43%), Phosphorus: 360.91mg (36.09%), Vitamin B3: 6.93mg (34.63%), Manganese: 0.47mg (23.52%), Potassium: 810.56mg (23.16%), Vitamin B6: 0.44mg (22.04%), Selenium: 15.41µg (22.01%), Magnesium: 86.38mg (21.6%), Iron: 3.81mg (21.17%), Folate: 80.61µg (20.15%), Copper: 0.39mg (19.62%), Vitamin B2: 0.31mg (18.39%), Calcium: 167.85mg (16.78%), Vitamin B1: 0.23mg (15.39%), Vitamin C: 10.39mg (12.6%), Zinc: 1.86mg (12.38%), Vitamin A: 602.7IU (12.05%), Vitamin E: 1.73mg (11.54%), Vitamin B5: 0.91mg (9.14%), Vitamin K: 4.45µg (4.24%), Vitamin B12: 0.24µg (4.01%)