



## Skinny Chicken Vegetable Enchiladas

 **Gluten Free**  **Popular**

READY IN



45 min.

SERVINGS



12

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 15 ounce canned tomatoes diced crushed canned
- 2 tablespoons chili powder
- 3 cups chicken breast shredded cooked chopped
- 2 tablespoons cornmeal
- 2 tablespoons olive oil extra virgin
- 1.5 cups fennel bulb finely chopped
- 3 cloves garlic minced

- 1 tablespoon ground cumin
- 0.5 teaspoon kosher salt
- 0.5 pound cups asparagus fresh chopped
- 0.3 cup greek yogurt plain
- 0.5 cup reduced sodium chicken broth
- 1 cup cheddar cheese shredded
- 1 teaspoon paprika smoked
- 12 corn tortillas white
- 1 cup onion white chopped
- 1 zucchini halved sliced

## Equipment

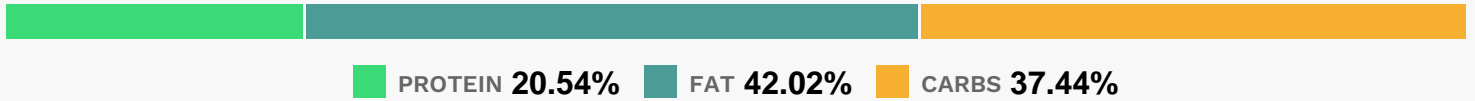
- bowl
- frying pan
- oven
- blender
- baking pan
- dutch oven

## Directions

- Preheat oven to 350 degrees F.
- Heat the olive oil into a large skillet or dutch oven over medium heat.
- Saute your onions and garlic for 5 minutes then add your chicken broth, cornmeal, chili powder, cumin, paprika, salt and pepper. Stir to combine.
- Transfer this mixture plus diced or crushed tomatoes to a high powered blender. Blend until smooth.
- Transfer sauce to a large bowl and stir in 1/4 cup greek yogurt. Spoon about 1/2 cup sauce into the bottom of a 9x13 baking dish. Set aside.
- Heat remaining olive oil into a large dutch oven over medium heat.

- Saute your leeks or onions, chopped asparagus and zucchini for about 5 minutes.
- Add your cooked chicken pieces. Spoon chicken and vegetables into the center of each warm tortilla.
- Roll and place seam side down into your baking dish. Continue filling and rolling until pan is filled. I used about 12 per pan. Continue with another pan if you have remaining ingredients or save for another use.
- Pour enchilada sauce over rolled tortillas and sprinkle with shredded cheese.
- Bake for 25–30 minutes until cheese is melted.
- Remove and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:29.42, Glycemic Load:7.16, Inflammation Score:-7, Nutrition Score:12.761304166006%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

## Nutrients (% of daily need)

Calories: 312.17kcal (15.61%), Fat: 15.05g (23.15%), Saturated Fat: 5.03g (31.45%), Carbohydrates: 30.16g (10.05%), Net Carbohydrates: 25.68g (9.34%), Sugar: 12.45g (13.83%), Cholesterol: 37.01mg (12.34%), Sodium: 345.69mg (15.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.1%), Phosphorus: 269.85mg (26.98%), Vitamin B3: 4.98mg (24.89%), Selenium: 14.44µg (20.63%), Vitamin B6: 0.38mg (19.16%), Fiber: 4.48g (17.91%), Magnesium: 60.25mg (15.06%), Manganese: 0.29mg (14.73%), Calcium: 145.82mg (14.58%), Vitamin A: 727.74IU (14.55%), Potassium: 473.58mg (13.53%), Iron: 2.32mg (12.87%), Vitamin K: 13.13µg (12.5%), Zinc: 1.83mg (12.23%), Vitamin B2: 0.2mg (12.05%), Copper: 0.23mg (11.29%), Vitamin E: 1.62mg (10.78%), Vitamin C: 8.82mg (10.69%), Vitamin B1: 0.13mg (8.98%), Folate: 29.87µg (7.47%), Vitamin B5: 0.74mg (7.43%), Vitamin B12: 0.29µg (4.82%)