



 **15%**
HEALTH SCORE

Speedy Chicken and Cheese Enchiladas

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bell pepper
- 1 cup bell pepper
- 8 ounces chicken breast boneless skinless chopped
- 8 6-inch corn tortillas ()
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- 10 ounce enchilada sauce canned (such as Old El Paso)
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- 0.3 cup cilantro leaves fresh chopped

- 0.5 teaspoon cumin
- 1 cup onion white
- 0.3 cup cream fat-free sour
- 4 ounces frangelico divided reduced-fat

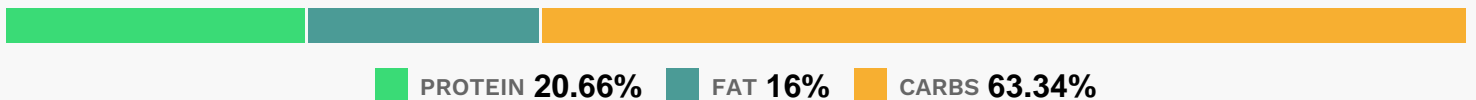
Equipment

- frying pan
- paper towels
- baking pan
- broiler
- microwave

Directions

- Preheat broiler.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add onion and pepper; saut 2 minutes or until crisp-tender.
- Add enchilada sauce; bring to a boil. Cover, reduce heat, and simmer 5 minutes.
- Combine chicken, 3/4 cup of cheese, and cumin, tossing well.
- Wrap tortillas in paper towels; microwave at high 30 seconds or until warm. Spoon 1/4 cup chicken mixture in center of each tortilla; roll up.
- Place tortillas, seam sides down, in an 11 x 7-inch baking dish coated with cooking spray.
- Pour sauce mixture over enchiladas; broil 3 minutes or until thoroughly heated.
- Sprinkle remaining 1/4 cup cheese evenly over enchiladas, and broil for 1 minute or until cheese melts.
- Serve with sour cream and cilantro.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:21.88, Inflammation Score:0, Nutrition Score:25.276521833047%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg, Quercetin: 8.82mg

Nutrients (% of daily need)

Calories: 413.06kcal (20.65%), Fat: 7.55g (11.61%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 67.23g (22.41%), Net Carbohydrates: 55.97g (20.35%), Sugar: 15.7g (17.44%), Cholesterol: 44.77mg (14.92%), Sodium: 1351.44mg (58.76%), Alcohol: 0g (100%), Protein: 21.93g (43.85%), Vitamin C: 102.25mg (123.94%), Vitamin A: 3458.15IU (69.16%), Phosphorus: 489.25mg (48.93%), Vitamin B6: 0.93mg (46.29%), Fiber: 11.26g (45.04%), Vitamin B3: 8.29mg (41.43%), Selenium: 25.32µg (36.17%), Magnesium: 105.17mg (26.29%), Manganese: 0.5mg (24.84%), Potassium: 646.47mg (18.47%), Iron: 2.94mg (16.32%), Zinc: 2.01mg (13.4%), Vitamin B2: 0.22mg (13.24%), Vitamin B1: 0.2mg (13.19%), Folate: 50.85µg (12.71%), Vitamin B5: 1.26mg (12.61%), Calcium: 119.01mg (11.9%), Vitamin E: 1.67mg (11.15%), Copper: 0.21mg (10.54%), Vitamin K: 7.25µg (6.91%), Vitamin B12: 0.14µg (2.39%)