



WHATSheATE



Spicy Chicken Enchiladas

READY IN



40 min.

SERVINGS



6

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce canned tomatoes diced with green chile peppers, drained canned
- ☐ 14.5 ounce enchilada sauce canned
- ☐ 6 10-inch flour tortillas ()
- ☐ 1 tablespoon garlic minced
- ☐ 1 pound ground chicken
- ☐ 1 jalapeno fresh chopped
- ☐ 1.3 cups mild cheddar cheese shredded
- ☐ 3 tablespoons onion chopped
- ☐ 4.5 ounce rice and chicken sauce mix dry with broccoli

☐ 1 tablespoon vegetable oil

Equipment

☐ frying pan

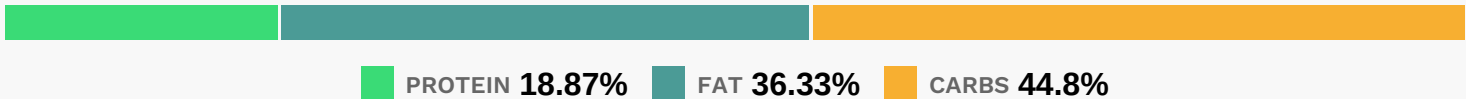
☐ oven

☐ baking pan

Directions

- ☐ Prepare the rice and chicken sauce mix with broccoli according to package directions. Preheat oven to 375 degrees F (190 degrees C). Lightly grease a medium baking dish.
- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Place chicken in the skillet.
- ☐ Mix onion, garlic, and jalapeno into the skillet. Cook and stir until chicken is evenly brown.
- ☐ Mix in the prepared rice mix, diced tomatoes with green chile peppers, 2/3 enchilada sauce, and 3/4 cup Cheddar cheese. Spoon mixture evenly into the tortillas. Wrap tortillas around the mixture to form enchiladas, and arrange in the prepared baking dish. Cover with remaining enchilada sauce, and top with remaining cheese.
- ☐ Bake 15 minutes in the preheated oven, or until cheese and sauce are melted and bubbly.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:11.33, Inflammation Score:-6, Nutrition Score:18.280000207217%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 549.66kcal (27.48%), Fat: 22.01g (33.86%), Saturated Fat: 8.65g (54.09%), Carbohydrates: 61.05g (20.35%), Net Carbohydrates: 55.7g (20.25%), Sugar: 17.11g (19.01%), Cholesterol: 88.56mg (29.52%), Sodium: 1467.41mg (63.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.71g (51.43%), Selenium: 30.21µg (43.15%), Phosphorus: 390.68mg (39.07%), Vitamin B3: 7.37mg (36.83%), Vitamin B1: 0.45mg (29.82%), Vitamin B2: 0.49mg (28.7%), Calcium: 277.02mg (27.7%), Vitamin B6: 0.48mg (23.85%), Fiber: 5.35g (21.41%), Iron: 3.65mg (20.27%), Manganese: 0.39mg (19.56%), Folate: 73.12µg (18.28%), Zinc: 2.37mg (15.82%), Potassium: 518.69mg (14.82%), Vitamin A: 718.23IU (14.36%), Vitamin C: 10.59mg (12.84%), Vitamin B12: 0.67µg (11.21%), Vitamin B5: 1.06mg (10.59%), Vitamin K: 10.85µg (10.34%), Magnesium: 38.82mg (9.7%), Copper: 0.14mg (6.84%), Vitamin E: 0.65mg (4.34%)