



Spicy Chicken Enchiladas for Two

READY IN



60 min.

SERVINGS



2

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken breast boneless skinless cut into bite-size pieces
- 0.5 cup onion chopped (1 medium)
- 0.3 teaspoon salt
- 0.3 teaspoon oregano dried
- 0.1 teaspoon pepper
- 10 oz enchilada sauce red canned
- 4 oz cheddar cheese shredded
- 0.5 cup cream sour
- 4 oz chilis green chopped canned

- 11 oz flour tortilla for burritos (8 count)
- 0.5 cup lettuce chopped
- 0.5 cup tomatoes chopped (1 small)

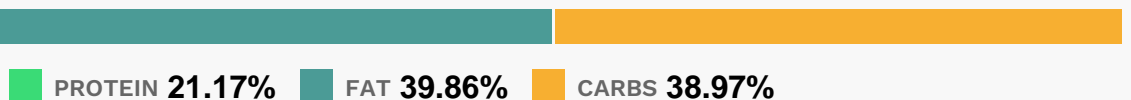
Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- Heat 8-inch nonstick skillet over medium-high heat.
- Add chicken; cook 2 to 3 minutes, stirring frequently, until lightly browned.
- Stir in onion, salt, oregano and pepper. Cook 3 to 5 minutes, stirring frequently, until chicken is no longer pink in center. Cool 5 minutes.
- Meanwhile, spread 1/4 cup of the enchilada sauce in baking dish.
- Stir 1/2 cup of the cheese, the sour cream and chiles into chicken mixture. Spoon mixture evenly down center of each tortilla; roll up and place seam side down over sauce in dish. Spoon remaining 1/4 cup enchilada sauce over tortillas. Cover with foil.
- Bake 30 to 40 minutes or until thoroughly heated. Uncover; sprinkle remaining 1/2 cup cheese over top.
- Bake uncovered 4 to 5 minutes longer or until cheese is melted.
- Sprinkle individual servings with lettuce and tomato.

Nutrition Facts



Properties

Glycemic Index:97.5, Glycemic Load:26.03, Inflammation Score:-10, Nutrition Score:42.378260488095%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

Nutrients (% of daily need)

Calories: 1045.93kcal (52.3%), Fat: 46.13g (70.96%), Saturated Fat: 21.94g (137.12%), Carbohydrates: 101.46g (33.82%), Net Carbohydrates: 91.15g (33.14%), Sugar: 20.43g (22.7%), Cholesterol: 162.94mg (54.31%), Sodium: 3417.39mg (148.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.13g (110.26%), Selenium: 89.51µg (127.87%), Vitamin B3: 19.42mg (97.09%), Phosphorus: 892.83mg (89.28%), Calcium: 733.54mg (73.35%), Vitamin B1: 0.93mg (62.02%), Vitamin B6: 1.16mg (57.87%), Vitamin B2: 0.94mg (55.31%), Folate: 216.08µg (54.02%), Vitamin A: 2383.54IU (47.67%), Manganese: 0.94mg (47.25%), Iron: 8.18mg (45.44%), Fiber: 10.31g (41.25%), Vitamin C: 32.67mg (39.6%), Potassium: 969.54mg (27.7%), Zinc: 3.97mg (26.47%), Vitamin B5: 2.44mg (24.44%), Magnesium: 97.26mg (24.32%), Vitamin K: 22.88µg (21.79%), Vitamin B12: 0.95µg (15.8%), Copper: 0.27mg (13.36%), Vitamin E: 1.15mg (7.65%), Vitamin D: 0.45µg (3.02%)