



Spicy Chicken Enchiladas for Two

READY IN



60 min.

SERVINGS



2

CALORIES



839 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons chilis green chopped (from 4.5-oz can)
- 0.5 cup enchilada sauce (from 10-oz can)
- 4 8-inch flour tortilla for burritos ((from 11.5-oz package)
- 0.5 cup lettuce chopped
- 0.5 cup onion chopped (1 medium)
- 0.3 teaspoon oregano dried
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 4 oz cheddar cheese shredded

- 2 chicken breast boneless skinless cut into bite-size pieces
- 0.5 cup cream sour
- 0.5 cup tomatoes chopped (1 small)

Equipment

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

Directions

- Heat oven to 350F. 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:17.62, Inflammation Score:-9, Nutrition Score:34.626087188721%

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: 839.47kcal (41.97%), Fat: 41.7g (64.16%), Saturated Fat: 20.35g (127.21%), Carbohydrates: 66.09g (22.03%), Net Carbohydrates: 59.77g (21.73%), Sugar: 12.98g (14.42%), Cholesterol: 162.94mg (54.31%), Sodium: 2146.22mg (93.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.04g (98.09%), Selenium: 77.36µg (110.51%), Vitamin B3: 16.77mg (83.87%), Phosphorus: 777.16mg (77.72%), Calcium: 639.8mg (63.98%), Vitamin B6: 1.08mg (53.78%), Vitamin B2: 0.78mg (45.63%), Vitamin B1: 0.65mg (43.66%), Folate: 142.88µg (35.72%), Vitamin A: 1785.74IU (35.71%), Manganese: 0.68mg (33.93%), Iron: 5.18mg (28.76%), Fiber: 6.33g (25.3%), Potassium: 855.02mg (24.43%), Zinc: 3.65mg (24.32%), Vitamin B5: 2.32mg (23.2%), Magnesium: 83.73mg (20.93%), Vitamin C: 16.78mg (20.34%), Vitamin K: 18.99µg (18.09%), Vitamin B12: 0.95µg (15.8%), Copper: 0.21mg (10.56%), Vitamin E: 1.15mg (7.65%), Vitamin D: 0.45µg (3.02%)