



Spinach and Chicken Enchiladas

READY IN



60 min.

SERVINGS



5

CALORIES



774 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 large chicken breast halves diced cooked
- ☐ 0.5 teaspoon chili powder
- ☐ 20 ounce enchilada sauce canned
- ☐ 5 10-inch flour tortillas
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup green onions sliced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.5 cups monterrey jack cheese shredded divided

- ☐ 1 cup ricotta cheese
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups mozzarella cheese shredded divided
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 10 ounce spinach – frozen dry thawed drained chopped

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt butter in a saucepan over medium heat; cook and stir green onions and garlic in butter until fragrant and softened, about 2 minutes. Stir chicken, spinach, chili powder, black pepper, and salt into the green onion mixture and cook until heated through, about 5 minutes.
- ☐ Remove from heat.
- ☐ Mix ricotta cheese, sour cream, 1 cup Monterey Jack cheese, and 1 cup of mozzarella cheese into chicken mixture until thoroughly combined. Reserve remaining Monterey Jack and mozzarella cheeses for topping.
- ☐ Place tortillas into a plastic bag, seal bag, and microwave on high until warm and soft, 30 to 45 seconds. Spoon about 3/4 cup of chicken filling down the center of each tortilla in a line.
- ☐ Roll tortillas around filling and place with seam sides down into a 9x13–inch baking dish.
- ☐ Pour enchilada sauce over filled enchiladas and sprinkle the remaining 1/2 cup of Monterey Jack and mozzarella cheeses over the top.
- ☐ Bake in the preheated oven until filling is bubbling and cheese topping is browned at the edges, about 30 minutes.

Nutrition Facts



 **PROTEIN 27.58%**  **FAT 45.88%**  **CARBS 26.54%**

Properties

Glycemic Index:51.8, Glycemic Load:11.87, Inflammation Score:-10, Nutrition Score:38.806956539983%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 774.49kcal (38.72%), Fat: 39.38g (60.59%), Saturated Fat: 21.54g (134.65%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 44.85g (16.31%), Sugar: 12.22g (13.58%), Cholesterol: 160.08mg (53.36%), Sodium: 2135.34mg (92.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.25g (106.51%), Vitamin K: 239.97µg (228.54%), Vitamin A: 8500.81IU (170.02%), Selenium: 56.98µg (81.39%), Calcium: 745.32mg (74.53%), Phosphorus: 701.12mg (70.11%), Vitamin B3: 13.04mg (65.21%), Vitamin B2: 0.78mg (45.75%), Folate: 173.14µg (43.29%), Manganese: 0.83mg (41.42%), Vitamin B1: 0.49mg (32.56%), Vitamin B6: 0.65mg (32.36%), Iron: 5.82mg (32.33%), Zinc: 4.09mg (27.28%), Magnesium: 104.33mg (26.08%), Fiber: 6.4g (25.61%), Vitamin B12: 1.5µg (25.05%), Potassium: 631.96mg (18.06%), Vitamin E: 2.32mg (15.48%), Copper: 0.23mg (11.63%), Vitamin B5: 1.15mg (11.54%), Vitamin C: 7.85mg (9.51%), Vitamin D: 0.51µg (3.37%)