



Stacked Chicken Enchiladas

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



1295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar light packed
- ☐ 3.8 cups meat from a rotisserie chicken dark shredded white (from one)
- ☐ 28 oz sriracha red divided canned
- ☐ 1 tablespoon chipotles in adobo canned finely chopped (see Notes)
- ☐ 0.3 teaspoon cinnamon
- ☐ 12 corn tortillas (6 in. wide; see Notes)
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 0.3 cup golden raisins

- ☐ 5 cups cabbage green very thinly sliced (see Notes)
- ☐ 0.3 teaspoon ground allspice
- ☐ 3 cups monterrey jack cheese shredded
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.5 cup pinenuts
- ☐ 2 radishes halved thinly sliced
- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon tomato paste
- ☐ 1 tablespoon citrus champagne vinegar

Equipment

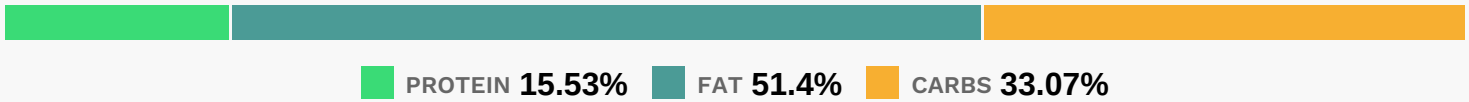
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave
- ☐ pie form

Directions

- ☐ Preheat oven to 37
- ☐ In a large frying pan over medium-high heat, cook onion with olive oil, stirring often until softened, about 5 minutes.
- ☐ Stir in 3/4 cup red chile sauce, the pine nuts, raisins, cinnamon, allspice, chipotle chiles, adobo sauce, tomato paste, brown sugar, and vinegar.
- ☐ Add chicken, then bring mixture to a boil, stirring.
- ☐ Remove from heat.
- ☐ Pour remaining red chile sauce into a pie pan.

- ☐ To make enchilada stacks, dip 1 tortilla in chile sauce in pie pan to coat.
- ☐ Place on an ovenproof dinner plate. Repeat with another tortilla on a second plate.
- ☐ Spread each tortilla evenly with a heaping 1/3 cup chicken mixture, then with 1/4 cup cheese. Repeat layering with 8 more tortillas, dipping them in sauce, then adding chicken mixture and cheese to make 2 stacks of 5 layers. (You'll use all the chicken but not all the cheese.) Dip the last 2 tortillas in sauce, place each, curved side down, on stack, and sprinkle with remaining cheese.
- ☐ Bake enchiladas until hot in the center and cheese bubbles on top, 10 to 15 minutes.
- ☐ Meanwhile, pour remaining chile sauce from the pie pan into a microwave-safe pitcher and cook in a microwave oven on full power until simmering, 1 to 2 minutes. To make the salad, stir together radishes, lime juice, and extra-virgin olive oil in a large bowl. Just before serving, stir in cabbage and cilantro. Season to taste with salt and pepper.
- ☐ Top each enchilada with a small mound of salad and cut in thirds or quarters to serve. Offer with remaining salad and chile sauce to add to taste.

Nutrition Facts



Properties

Glycemic Index:91.54, Glycemic Load:21.52, Inflammation Score:-9, Nutrition Score:41.056086830471%

Flavonoids

Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg, Pelargonidin: 1.26mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg, Quercetin: 9.17mg

Nutrients (% of daily need)

Calories: 1295.36kcal (64.77%), Fat: 72.62g (111.72%), Saturated Fat: 24.35g (152.19%), Carbohydrates: 105.11g (35.04%), Net Carbohydrates: 87.55g (31.84%), Sugar: 49.87g (55.41%), Cholesterol: 154.88mg (51.63%), Sodium: 10420.93mg (453.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.38g (98.75%), Manganese: 2.05mg (102.51%), Phosphorus: 925.32mg (92.53%), Vitamin K: 93.87µg (89.4%), Calcium: 768.36mg (76.84%), Fiber: 17.57g

(70.27%), Vitamin C: 41.99mg (50.9%), Vitamin B3: 9.71mg (48.57%), Selenium: 33.24µg (47.48%), Zinc: 6.35mg (42.31%), Vitamin B6: 0.83mg (41.4%), Magnesium: 164.13mg (41.03%), Vitamin B2: 0.62mg (36.49%), Vitamin E: 5.15mg (34.37%), Copper: 0.51mg (25.55%), Iron: 4.52mg (25.11%), Potassium: 861.84mg (24.62%), Vitamin A: 1029.07IU (20.58%), Folate: 79.57µg (19.89%), Vitamin B1: 0.29mg (19.33%), Vitamin B12: 1.03µg (17.2%), Vitamin B5: 1.56mg (15.62%), Vitamin D: 0.72µg (4.8%)