



WHATSheATE



Stacked Chicken Enchiladas with Salsa Verde and Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 6-inch corn tortillas (-diameter)
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1.5 cups mexican chihuahua cheese packed grated
- ☐ 6 servings pickled onions red
- ☐ 2 poblano chiles (8 ounces total)
- ☐ 2 cups roasted chicken shredded divided
- ☐ 4 cups salsa verde divided

- ☐ 0.8 cup cup heavy whipping cream sour divided
- ☐ 6 tablespoons vegetable oil divided

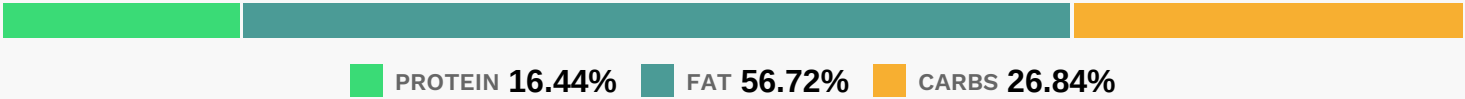
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ broiler
- ☐ tongs
- ☐ glass baking pan

Directions

- ☐ Char chiles directly over gas flame or in broiler until blackened all over. Enclose in paper bag; let stand 10 minutes. Peel and seed, then cut into 2x1/2-inch strips.
- ☐ Preheat oven to 375°F.
- ☐ Heat 2 tablespoons oil in medium skillet over medium heat.
- ☐ Add 1 tortilla to skillet; cook until slightly softened, about 15 seconds per side, turning with tongs.
- ☐ Transfer tortilla to paper towels to drain. Repeat with remaining tortillas, adding oil to skillet as needed.
- ☐ Spread 1/2 cup salsa over bottom of 8x8x2-inch glass baking dish. Arrange 4 tortillas over salsa, covering bottom of dish completely, overlapping slightly, and extending about 1 1/2 inches up sides of dish. Scatter 1 cup chicken over tortillas, then half of poblano strips. Spoon 1 1/2 cups salsa over, spreading evenly. Spoon 1/4 cup sour cream over in small dollops. Cover with 4 tortillas, overlapping slightly.
- ☐ Layer with remaining 1 cup chicken, remaining poblanos, 1 cup salsa, and 1/4 cup sour cream. Cover with remaining 4 tortillas, then 1 cup salsa, and remaining 1/4 cup sour cream.
- ☐ Sprinkle with cheese.
- ☐ Bake casserole until bubbling and cheese is lightly browned, about 35 minutes.
- ☐ Cut into 6 pieces; divide among plates.
- ☐ Sprinkle with cilantro. Spoon pickled red onions alongside; serve.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:10.2, Inflammation Score:-8, Nutrition Score:17.009130350921%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 547.88kcal (27.39%), Fat: 34.15g (52.54%), Saturated Fat: 10.84g (67.76%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 32.4g (11.78%), Sugar: 12.2g (13.55%), Cholesterol: 78.56mg (26.19%), Sodium: 1321.89mg (57.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.27g (44.55%), Vitamin C: 38mg (46.07%), Phosphorus: 405.69mg (40.57%), Vitamin A: 1485.76IU (29.72%), Selenium: 19.92µg (28.46%), Vitamin K: 29.7µg (28.29%), Calcium: 265.61mg (26.56%), Vitamin B3: 4.71mg (23.55%), Vitamin B6: 0.42mg (21.22%), Potassium: 641.1mg (18.32%), Fiber: 3.97g (15.89%), Zinc: 2.38mg (15.88%), Magnesium: 61.23mg (15.31%), Vitamin B2: 0.25mg (14.79%), Manganese: 0.24mg (11.87%), Vitamin E: 1.59mg (10.6%), Vitamin B12: 0.54µg (9%), Iron: 1.53mg (8.52%), Vitamin B1: 0.11mg (7.55%), Copper: 0.15mg (7.29%), Vitamin B5: 0.72mg (7.18%), Folate: 14.58µg (3.64%)