



WHATSheATE



HEALTH SCORE

61%

Sweet Chili Chicken and Avocado Enchiladas



Gluten Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



1037 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados diced
- ☐ 1.5 cups chili dressing sweet
- ☐ 1 handful cilantro leaves chopped
- ☐ 2 green onions sliced
- ☐ 2 cups jack cheese shredded
- ☐ 0.3 cup peanuts toasted chopped
- ☐ 2 cups cheddar cheese shredded
- ☐ 4 cups meat from a rotisserie chicken shredded cooked

☐ 8 7-inch tortillas ()

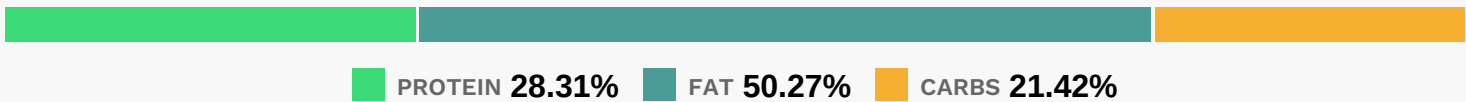
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix 1/2 cup of the sweet chili dressing with the chicken, avocado, green onions, cilantro and half of the cheese.Coat the bottom of a large baking dish with some of the dressing, wrap the chicken and avocado mixture in the tortillas and place them in the dish.Top the enchiladas with the remaining dressing and cheese and bake in a preheated 350F oven until the cheese has melted and the sides are bubbling, about 15–20 minutes.
- ☐ Serve topped with the toasted peanuts.

Nutrition Facts



Properties

Glycemic Index:52.81, Glycemic Load:16.86, Inflammation Score:-9, Nutrition Score:44.409564868264%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 1037kcal (51.85%), Fat: 57.76g (88.87%), Saturated Fat: 27.58g (172.4%), Carbohydrates: 55.35g (18.45%), Net Carbohydrates: 50.18g (18.25%), Sugar: 7.27g (8.07%), Cholesterol: 211.79mg (70.6%), Sodium: 1499.42mg (65.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.2g (146.39%), Selenium: 80.14µg (114.48%), Vitamin C: 86.73mg (105.13%), Phosphorus: 1032.34mg (103.23%), Calcium: 996.7mg (99.67%), Vitamin B3: 17.4mg (86.99%), Vitamin B2: 1mg (59.07%), Vitamin B6: 1.04mg (51.96%), Vitamin B1: 0.68mg (45.62%), Zinc: 6.76mg (45.1%), Manganese: 0.85mg (42.64%), Folate: 156.31µg (39.08%), Iron: 6.59mg (36.59%), Vitamin A: 1728.31IU (34.57%), Vitamin K: 32.88µg (31.31%), Magnesium: 112.9mg (28.23%), Vitamin B12: 1.47µg (24.56%), Potassium: 813.21mg (23.23%), Vitamin B5: 2.17mg (21.67%), Fiber: 5.17g (20.7%), Copper: 0.38mg (18.91%), Vitamin E: 1.05mg (7%), Vitamin D: 0.68µg (4.52%)