



Thai Spicy Peanut Chicken Enchiladas



Very Healthy



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



1628 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 1 large carrots julienned ()
- ☐ 1 handful cilantro leaves chopped ()
- ☐ 2 green onions sliced ()
- ☐ 1 cup jack and cheddar cheese grated ()
- ☐ 1 tablespoon olive oil
- ☐ 1 cup spicy thai peanut sauce
- ☐ 1 bell pepper red thinly sliced ()

- ☐ 2 birds eye chilies sliced ()
- ☐ 2 tablespoons roasted peanuts chopped ()
- ☐ 1 cup meat from a rotisserie chicken shredded cooked
- ☐ 4 8-inch tortillas ()

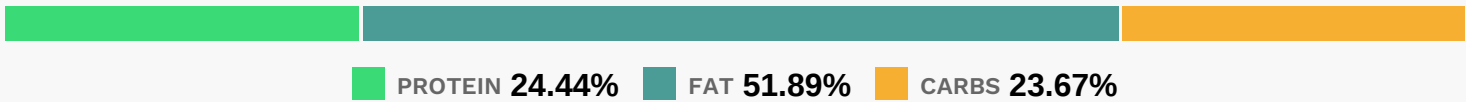
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the red pepper and saute until tender, about 5–7 minutes
- ☐ Add the green onion, carrot and bean sprouts and saute until tender, about a minute.
- ☐ Remove from heat.
- ☐ Mix in the chicken, cilantro and 1/2 cup of the peanut sauce.
- ☐ Spread some of the peanut sauce over the bottom of a baking dish.
- ☐ Place some of the filling in a tortilla, wrap it up and place it in a baking dish. Repeat for the remaining tortillas.
- ☐ Pour the remaining peanut sauce over the enchiladas and sprinkle on the cheese.
- ☐ Bake in a preheated 350F oven until the sides are bubbling and the cheese is melted about 20–30 minutes.1
- ☐ Serve garnished with chopped peanuts, sliced chilies and cilantro.

Nutrition Facts



Properties

Glycemic Index:101.92, Glycemic Load:18.37, Inflammation Score:-10, Nutrition Score:61.351739365122%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 1628.25kcal (81.41%), Fat: 93.04g (143.14%), Saturated Fat: 31.13g (194.56%), Carbohydrates: 95.5g (31.83%), Net Carbohydrates: 86.55g (31.47%), Sugar: 33.64g (37.37%), Cholesterol: 246.86mg (82.29%), Sodium: 3040.02mg (132.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 98.61g (197.22%), Vitamin A: 8782.28IU (175.65%), Selenium: 112.66µg (160.94%), Vitamin B3: 24.41mg (122.07%), Vitamin C: 94.81mg (114.92%), Zinc: 16.19mg (107.94%), Phosphorus: 1057.06mg (105.71%), Vitamin K: 89.33µg (85.08%), Vitamin B2: 1.4mg (82.45%), Vitamin B6: 1.64mg (81.91%), Vitamin B12: 4.55µg (75.89%), Vitamin B1: 0.95mg (63.64%), Calcium: 622.21mg (62.22%), Folate: 237.2µg (59.3%), Iron: 10.32mg (57.32%), Manganese: 1.1mg (54.91%), Potassium: 1453.9mg (41.54%), Magnesium: 152.88mg (38.22%), Fiber: 8.96g (35.83%), Copper: 0.62mg (30.92%), Vitamin B5: 1.92mg (19.23%), Vitamin E: 2.83mg (18.86%), Vitamin D: 0.56µg (3.77%)