



## Three Pan Potato Enchiladas

READY IN



45 min.

SERVINGS



8

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound rotisserie chicken breast meat boneless skinless cut into strips
- ☐ 10 8-inch flour tortillas
- ☐ 2 potatoes diced peeled
- ☐ 5.5 ounce beans & rice mix red
- ☐ 1 cup cheddar cheese shredded
- ☐ 1 ounce taco seasoning

### Equipment

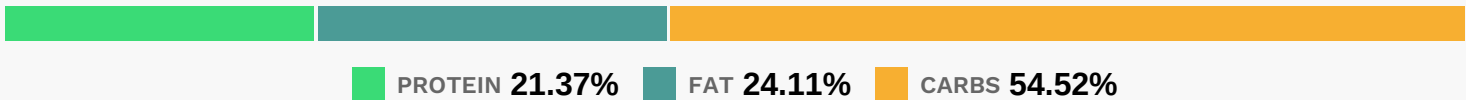
- ☐ frying pan

- ☐ oven
- ☐ baking pan

## Directions

- ☐ In a large skillet, prepare rice and beans according to package directions.
- ☐ Meanwhile, in another large skillet, saute chicken until cooked through (meat is no longer pink), about 15 to 20 minutes over medium heat.
- ☐ Drain saute oil/grease from skillet.
- ☐ Add the potatoes and cook until just tender.
- ☐ Add seasoning according to package directions. Cook all together, stirring often, until potatoes are done.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Take a tortilla.
- ☐ Place some of the chicken/potato mixture and some of the beans and rice (about 1/2 to 3/4 cup total filling) onto the tortilla, add a little cheese to taste, and roll up.
- ☐ Place rolled tortilla in a lightly greased 9x13 inch baking dish. Repeat with other tortillas until dish is full. Top with the rest of the cheese and bake in the preheated oven 15 to 20 minutes or until cheese is melted and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:25.74, Glycemic Load:26.23, Inflammation Score:-6, Nutrition Score:18.55130440515%

## Flavonoids

Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 436.15kcal (21.81%), Fat: 11.54g (17.76%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 58.72g (19.57%), Net Carbohydrates: 54.39g (19.78%), Sugar: 3.52g (3.91%), Cholesterol: 50.41mg (16.8%), Sodium: 917.42mg (39.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.02g (46.04%), Selenium: 39.46µg (56.37%),

Vitamin B3: 9.61mg (48.06%), Phosphorus: 367.85mg (36.79%), Vitamin B6: 0.66mg (33.05%), Manganese: 0.62mg (30.92%), Vitamin B1: 0.42mg (27.82%), Calcium: 207.62mg (20.76%), Vitamin B2: 0.33mg (19.14%), Folate: 75.24µg (18.81%), Iron: 3.36mg (18.65%), Fiber: 4.32g (17.29%), Potassium: 546.95mg (15.63%), Vitamin C: 12.77mg (15.47%), Vitamin B5: 1.33mg (13.26%), Magnesium: 49.7mg (12.43%), Zinc: 1.55mg (10.35%), Vitamin A: 492.04IU (9.84%), Copper: 0.19mg (9.33%), Vitamin K: 6.07µg (5.78%), Vitamin B12: 0.26µg (4.39%), Vitamin E: 0.24mg (1.6%)