



Tri-Color Enchiladas

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz tomato sauce canned
- 1.5 cups four cheese shredded with a touch of philadelphia, divided mexican style kraft
- 1.8 cups chicken broth divided
- 1 Tbsp chipotle peppers in adobo sauce canned chopped
- 12 6-inch corn tortillas warmed ()
- 0.5 cup knudsen cream sour
- 2 cloves garlic divided
- 2 Tbsp onions divided chopped

- 1 tsp oregano leaves dried
- 2 poblano chiles deveined peeled seeded
- 3 cups meat from a rotisserie chicken shredded warmed cooked

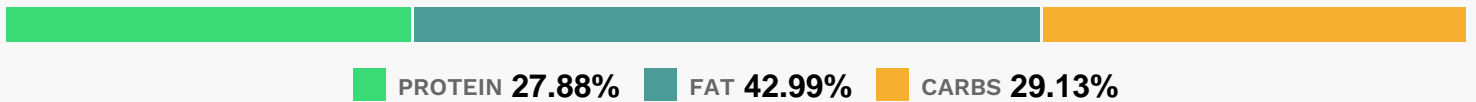
Equipment

- sauce pan
- blender

Directions

- Blend 1 cup broth, poblano chiles, 1 Tbsp. onions and 1 garlic clove in blender until smooth; transfer to saucepan. Blend 1/2 cup of the remaining broth, remaining onions, remaining garlic clove, tomato sauce, chipotle peppers and oregano in blender until smooth; pour into separate saucepan.
- Combine remaining chicken broth, sour cream and 1/2 cup cheese in separate saucepan.
- Cook poblano and chipotle sauces on medium heat 5 min. or until heated through, stirring frequently; keep warm. Cook sour cream sauce 3 to 4 min. or until cheese is melted, stirring constantly.
- Top tortillas with chicken; roll up.
- Place, seam sides down, in 13x9-inch dish. Top with sauces, alternating colors to resemble the Mexican flag.
- Sprinkle with remaining cheese.

Nutrition Facts



Properties

Glycemic Index:32.42, Glycemic Load:11.17, Inflammation Score:-7, Nutrition Score:18.578695457915%

Flavonoids

Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg, Luteolin: 1.87mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 409.87kcal (20.49%), Fat: 19.79g (30.45%), Saturated Fat: 8.92g (55.73%), Carbohydrates: 30.18g (10.06%), Net Carbohydrates: 25.21g (9.17%), Sugar: 4.13g (4.59%), Cholesterol: 93.43mg (31.14%), Sodium: 701.65mg (30.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.88g (57.76%), Phosphorus: 465.45mg (46.55%), Vitamin C: 35.28mg (42.76%), Selenium: 29.77µg (42.53%), Vitamin B3: 7.07mg (35.35%), Calcium: 288.97mg (28.9%), Vitamin B6: 0.57mg (28.68%), Vitamin B2: 0.37mg (21.95%), Zinc: 3.05mg (20.36%), Fiber: 4.97g (19.89%), Magnesium: 73.4mg (18.35%), Manganese: 0.34mg (17.14%), Vitamin A: 749.41IU (14.99%), Potassium: 509.41mg (14.55%), Iron: 2.29mg (12.7%), Copper: 0.22mg (10.94%), Vitamin B5: 1.09mg (10.93%), Vitamin B1: 0.15mg (10.3%), Vitamin B12: 0.56µg (9.27%), Vitamin E: 1.21mg (8.03%), Vitamin K: 6.85µg (6.53%), Folate: 21.93µg (5.48%), Vitamin D: 0.17µg (1.13%)