



Whit's Chicken Enchiladas

READY IN



60 min.

SERVINGS



8

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 chicken breast halves bone-in
- 8 ounce cream cheese
- 8 10-inch flour tortilla ()
- 1 clove garlic minced
- 4 ounce chilis diced green drained canned
- 1 cup cup heavy whipping cream
- 1 jalapeno chopped
- 2 cups monterrey jack cheese shredded divided
- 2 tablespoons olive oil

0.5 cup water

Equipment

frying pan

sauce pan

oven

baking pan

Directions

Place the chicken breast halves into a saucepan, and fill with enough water to cover. Bring to a boil, and cook until the chicken is cooked through, about 20 minutes.

Remove from the water, and set aside to cool.

Preheat the oven to 375 degrees F (190 degrees C).

Remove the chicken meat from the breasts, and discard the skin and bones. Set aside.

Heat the olive oil in a large skillet over medium heat.

Add the green chilies, jalapeno and garlic. Cook and stir for a few minutes, until fragrant, then stir in the cream cheese and half of the Monterey Jack. As the cheese begins to melt, gradually stir in the water. Chop the chicken meat, and stir into the skillet.

Remove from the heat.

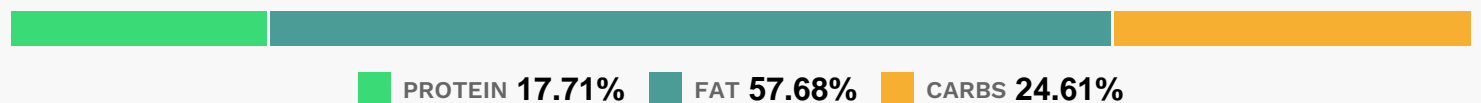
Spoon the chicken mixture into tortillas, and roll up.

Place the rolls seam side down in a 9x13 inch baking dish.

Sprinkle the remaining Monterey Jack cheese over the top, then pour cream over all.

Bake for 30 minutes in the preheated oven, or until the enchiladas are golden brown on the top.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:11.45, Inflammation Score:-7, Nutrition Score:19.610434594362%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 619.34kcal (30.97%), Fat: 39.65g (61.01%), Saturated Fat: 20.82g (130.11%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 35.32g (12.85%), Sugar: 4.75g (5.28%), Cholesterol: 123.55mg (41.18%), Sodium: 904.49mg (39.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.77%), Selenium: 41.22µg (58.89%), Vitamin B3: 9.17mg (45.86%), Phosphorus: 438.46mg (43.85%), Calcium: 369.37mg (36.94%), Vitamin B2: 0.49mg (28.89%), Vitamin B1: 0.41mg (27.19%), Vitamin B6: 0.54mg (27.1%), Vitamin A: 1089.01IU (21.78%), Folate: 85.02µg (21.26%), Manganese: 0.37mg (18.44%), Iron: 3.23mg (17.96%), Vitamin B5: 1.24mg (12.36%), Zinc: 1.78mg (11.87%), Potassium: 407.01mg (11.63%), Fiber: 2.75g (10.99%), Magnesium: 43.42mg (10.86%), Vitamin C: 7.9mg (9.57%), Vitamin K: 9.84µg (9.37%), Vitamin E: 1.27mg (8.44%), Vitamin B12: 0.46µg (7.62%), Copper: 0.11mg (5.49%), Vitamin D: 0.7µg (4.68%)