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Red Blackened Chicken Enchilada ♦

A spicy and flavorful chicken enchilada dish with a red and blackened sauce. This dish is typically consumed as a main course and is popular in Mexican cuisine.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	chicken breast
2 c	red enchilada sauce
2 tbsp	blackened seasoning
8 pieces	tortillas
2 c	shredded cheese
4 tbsp	sour cream

4 tbsp chopped cilantro

4 tbsp chopped green onions

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the chicken breast with the blackened seasoning.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the chicken breast until cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Cutting

Shred the grilled chicken breast.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Mixing

In a large bowl, mix the shredded chicken with the red enchilada sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Rolling

Place a spoonful of the chicken mixture onto each tortilla and roll them up.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Place the rolled tortillas in a baking dish and top with shredded cheese.

Prep Time: 5 mins

Cook Time: 10 mins

Step 8

Baking

Bake in the preheated oven for 10 minutes or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 10 mins

Step 9

Serving

Serve the enchiladas with a dollop of sour cream and garnish with chopped cilantro and green onions.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Mexican Middle Eastern Italian

Course

Salads Side Dishes Sauces & Dressings

Diet

Anti-Inflammatory Diet

Nutritional Content

Low Calorie High Fiber High Protein Low Sodium High Vitamin C
High Iron High Calcium

Events

Picnic

Meal Type

Snack Dinner Lunch Brunch Supper

Difficulty Level

Medium

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