

Authentic Mexican Chicken Enchiladas with Red Sauce

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/real-mexican-chicken-enchiladas-recipe>

Ingredients:

- 2 pounds chicken breasts shredded
- 3 garlic cloves minced
- 1 teaspoon ground cumin
- 1 teaspoon chile powder
- 2 cups Monterey Jack cheese shredded
- 1 cup Mexican queso fresco crumble cheese with fingers
- 12 corn tortillas
- salt to taste
- pepper to taste
- oil
- 1/2 cup fresh cilantro coarsely chopped
- 1 red onion small, chopped
- 4 seeds dried ancho chiles, and stems removed
- 3 dried guajillo chiles optional to use these, seeds and stems removed
- 3 garlic cloves
- 1/4 teaspoon oregano

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 41 grams
3. Cholesterol: 220 milligrams
4. Fat: 39 grams
5. Fiber: 6 grams
6. Protein: 70 grams
7. SaturatedFat: 18 grams
8. Sodium: 910 milligrams
9. Sugar: 4 grams

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