

Marylou's Chicken El Toro

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/el-toro-mexican-enchilada-recipe>

Ingredients:

- 4 skinless boneless chicken breast halves
- 1 tablespoon vegetable oil
- 1 onion small, diced
- 16 ounces picante sauce mild
- 1 cup shredded Monterey Jack cheese
- 8 flour tortillas 8 inch
- 1/2 cup sliced black olives optional
- 1/2 cup sour cream optional

Nutrition:

1. Calories: 540 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 40 milligrams
4. Fat: 27 grams
5. Fiber: 6 grams
6. Protein: 17 grams
7. SaturatedFat: 11 grams
8. Sodium: 1590 milligrams
9. Sugar: 8 grams

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