

Shredded Chicken Enchiladas

Yield: 5 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-shredded-chicken-recipe>

Ingredients:

- 2 cloves garlic minced
- 1 1/2 cups enchilada sauce I use Mild
- kosher salt
- chicken
- chicken
- ground black pepper
- 2 boneless skinless chicken breasts
- 1 cup shredded cheddar cheese divided
- 1 cup jack cheese shredded Monterrey, divided
- 1/2 cup fresh cilantro roughly chopped, divided
- 4 tablespoons vegetable oil for quickly frying the tortillas
- 12 corn tortillas 6-inch
- cooking spray
- sour cream optional:, for garnish

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 415 milligrams
4. Fat: 45 grams
5. Fiber: 5 grams
6. Protein: 130 grams
7. SaturatedFat: 16 grams
8. Sodium: 1520 milligrams
9. Sugar: 6 grams

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