

# Mexican Enchiladas

Yield: 8 min  
Total Time: 70 min

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

## Ingredients:

- 1 tablespoon olive oil
- 1 small onion chopped
- 1 teaspoon kosher salt
- 1 red bell pepper diced
- 1 teaspoon ground cumin
- 1 garlic clove minced
- 2 chicken breasts or 2 cups chicken, cooked and shredded
- 1 cup frozen corn defrosted
- 1 1/2 cups Mexican cheese blend
- 28 ounces enchilada sauce
- 8 flour tortillas

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 60 milligrams
4. Fat: 15 grams
5. Fiber: 4 grams
6. Protein: 23 grams
7. SaturatedFat: 6 grams
8. Sodium: 1800 milligrams
9. Sugar: 10 grams

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