



Anytime Enchurritos

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 oz cream of chicken soup canned
- 2 tablespoons chilis diced green
- 1.5 cups salsa divided
- 2 cups cheddar cheese shredded
- 8 oz cream sour
- 2 cups turkey shredded cooked

Equipment

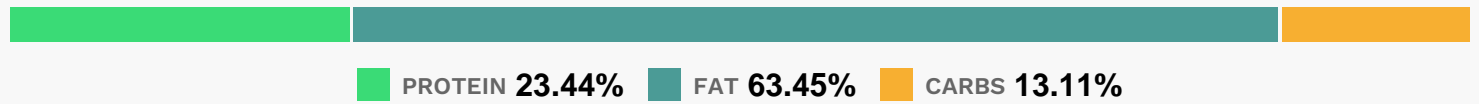
- oven

baking pan

Directions

- Combine turkey, 1/2 cup salsa, sour cream and chiles. Spoon turkey mixture into tortillas; roll up and place seam-side down in an ungreased 13"x9" baking dish.
- Blend together soup and remaining salsa; pour over tortillas.
- Bake, uncovered, at 350 for 30 minutes.
- Sprinkle with cheese and bake 5 more minutes or until cheese is melted. Top with shredded lettuce and chopped tomatoes, if desired.

Nutrition Facts



Properties

Glycemic Index:7.17, Glycemic Load:1.56, Inflammation Score:-6, Nutrition Score:11.504782598952%

Nutrients (% of daily need)

Calories: 320.83kcal (16.04%), Fat: 22.91g (35.25%), Saturated Fat: 11.53g (72.03%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 9.4g (3.42%), Sugar: 4.52g (5.02%), Cholesterol: 85.69mg (28.56%), Sodium: 1078.26mg (46.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.05g (38.09%), Calcium: 314.96mg (31.5%), Phosphorus: 289.98mg (29%), Selenium: 15.62µg (22.32%), Vitamin A: 910.81IU (18.22%), Vitamin B6: 0.36mg (17.86%), Vitamin B3: 3.56mg (17.82%), Vitamin B2: 0.29mg (17.01%), Vitamin B12: 0.94µg (15.71%), Zinc: 2.12mg (14.13%), Potassium: 351.44mg (10.04%), Vitamin E: 1.33mg (8.89%), Magnesium: 33.38mg (8.34%), Iron: 1.41mg (7.83%), Copper: 0.15mg (7.45%), Vitamin B5: 0.72mg (7.22%), Manganese: 0.12mg (6.22%), Vitamin K: 6.31µg (6.01%), Fiber: 1.25g (5.02%), Vitamin B1: 0.06mg (4.13%), Vitamin C: 3.34mg (4.04%), Folate: 15.76µg (3.94%), Vitamin D: 0.29µg (1.91%)