



Baked Chicken Enchiladas

READY IN



50 min.

SERVINGS



50

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz black beans rinsed canned
- 28 oz canned tomatoes crushed canned
- 1.3 cups four cheese shredded with a touch of philadelphia, divided mexican style kraft
- 8 oz philadelphia cream cheese spread
- 3 cups meat from a rotisserie chicken cooked chopped
- 2 Tbsp milk
- 1 oz pkt. taco bellâ® taco seasoning mix
- 12 6-inch tortillas whole wheat ()

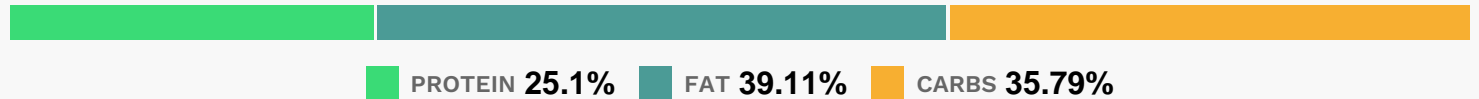
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven 375F.
- Mix cream cheese spread, seasoning mix and milk in medium bowl until blended. Stir in tomatoes and beans.
- Combine chicken, 1/3 cup shredded cheese and 3/4 cup cream cheese mixture. Spoon 1/4 cup down center of each tortilla; roll up.
- Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray. Top with remaining cream cheese mixture and shredded cheese.
- Bake 30 to 35 min. or until enchiladas are heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:2.06, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:2.63391305182229%

Nutrients (% of daily need)

Calories: 69.85kcal (3.49%), Fat: 3.07g (4.72%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 4.91g (1.78%), Sugar: 1.26g (1.4%), Cholesterol: 12.2mg (4.07%), Sodium: 185.45mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Fiber: 1.41g (5.64%), Calcium: 47.96mg (4.8%), Vitamin B3: 0.91mg (4.55%), Phosphorus: 44.8mg (4.48%), Selenium: 3.14µg (4.48%), Iron: 0.66mg (3.68%), Vitamin A: 165.36IU (3.31%), Vitamin B6: 0.07mg (3.27%), Potassium: 95.17mg (2.72%), Vitamin B2: 0.04mg (2.64%), Copper: 0.05mg (2.56%), Manganese: 0.05mg (2.53%), Vitamin C: 1.95mg (2.36%), Magnesium: 8.8mg (2.2%), Zinc: 0.33mg (2.2%), Folate: 8.3µg (2.08%), Vitamin B1: 0.03mg (2.02%), Vitamin B5: 0.16mg (1.56%), Vitamin E: 0.22mg (1.48%)