



BREAKSTONE'S Chicken and Sour Cream Enchiladas

READY IN



55 min.

SERVINGS



10

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cilantro leaves chopped
- 1.5 cups milk colby & monterey jack cheese shredded 2% divided kraft
- 2 cups meat from a rotisserie chicken cooked chopped
- 10 flour tortillas
- 1 teaspoon ground cumin
- 1 cup lettuce shredded
- 1 cup breakstone's reduced fat cream sour
- 1 cup salsa divided

1 medium tomatoes chopped

Equipment

oven

baking pan

Directions

Preheat oven to 350 degrees F.

Mix chicken, sour cream, 1 cup of the cheese, 1/4 cup of the salsa, the cilantro and cumin until well blended.

Spoon about 1/4 cup of the chicken mixture down center of each tortilla; roll up.

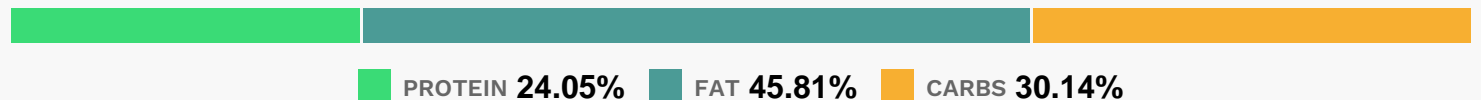
Place, seam sides down, in 13x9-inch baking dish. Top with remaining 3/4 cup salsa; cover.

Bake 30 minutes.

Sprinkle with remaining 1/2 cup cheese.

Bake an additional 5 minutes or until cheese is melted. Top with lettuce and tomato just before serving.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:4.85, Inflammation Score:-5, Nutrition Score:10.063913101735%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 259.38kcal (12.97%), Fat: 13.18g (20.27%), Saturated Fat: 6.91g (43.21%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 17.72g (6.44%), Sugar: 2.73g (3.03%), Cholesterol: 47.86mg (15.95%), Sodium: 552.75mg (24.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.13%), Selenium: 17.41µg (24.88%), Phosphorus: 236.12mg (23.61%), Calcium: 226.94mg (22.69%), Vitamin B3: 3.95mg (19.75%), Vitamin B2: 0.24mg (14.17%),

Vitamin B1: 0.2mg (13.22%), Vitamin A: 555.07IU (11.1%), Manganese: 0.21mg (10.74%), Vitamin B6: 0.21mg (10.62%),
Iron: 1.9mg (10.56%), Folate: 40.74µg (10.18%), Zinc: 1.4mg (9.34%), Potassium: 285.9mg (8.17%), Fiber: 1.78g (7.1%),
Magnesium: 26.44mg (6.61%), Vitamin K: 6.87µg (6.54%), Vitamin B12: 0.34µg (5.7%), Copper: 0.09mg (4.35%),
Vitamin B5: 0.43mg (4.33%), Vitamin E: 0.53mg (3.53%), Vitamin C: 2.62mg (3.18%), Vitamin D: 0.16µg (1.1%)