



Campbell's® Easy Chicken and Cheese Enchiladas

♥ Popular

READY IN



50 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons chili powder
- 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% healthy request® canned (Regular, or)
- 2 cups meat from a rotisserie chicken cooked chopped
- 6 flour tortillas warmed
- 1 green onion sliced
- 0.5 cup monterrey jack cheese shredded
- 1 cup picante sauce pace®

0.5 cup cup heavy whipping cream sour

1 small tomatoes chopped

Equipment

bowl

oven

baking pan

Directions

Stir the soup, sour cream, picante sauce and chili powder in a medium bowl.

Stir 1 cup picante sauce mixture, chicken and cheese in a large bowl.

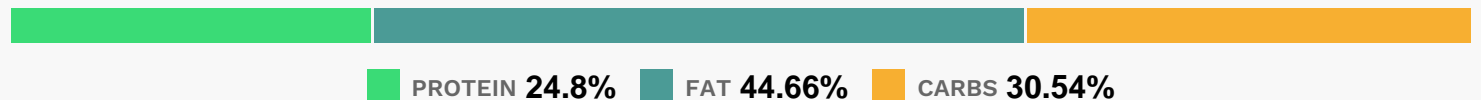
Divide the chicken mixture among the tortillas.

Roll up the tortillas and place them seam side up in 11 x 8" shallow baking dish.

Pour the remaining picante sauce mixture over the filled tortillas. Cover the baking dish.

Bake at 350 degrees F. for 40 min. or until the enchiladas are hot and bubbling. Top with the tomato and onion.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:6.45, Inflammation Score:-6, Nutrition Score:12.482608582662%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 306.34kcal (15.32%), Fat: 15.2g (23.39%), Saturated Fat: 6.35g (39.67%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 21.1g (7.67%), Sugar: 4.23g (4.7%), Cholesterol: 58.75mg (19.58%), Sodium: 971.09mg (42.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19g (38%), Selenium: 21.75µg (31.07%), Vitamin B3: 5.89mg (29.46%), Phosphorus: 243.77mg (24.38%), Vitamin A: 855.34IU (17.11%), Vitamin B6: 0.33mg (16.4%), Calcium:

163.41mg (16.34%), Vitamin B2: 0.27mg (15.89%), Iron: 2.64mg (14.67%), Vitamin B1: 0.22mg (14.35%), Manganese: 0.27mg (13.73%), Vitamin K: 12.63µg (12.03%), Potassium: 367.11mg (10.49%), Zinc: 1.51mg (10.07%), Folate: 39.87µg (9.97%), Fiber: 2.3g (9.18%), Copper: 0.17mg (8.74%), Vitamin E: 1.25mg (8.32%), Magnesium: 32.45mg (8.11%), Vitamin B5: 0.79mg (7.93%), Vitamin C: 3.51mg (4.25%), Vitamin B12: 0.25µg (4.23%)