



WHATSheATE

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

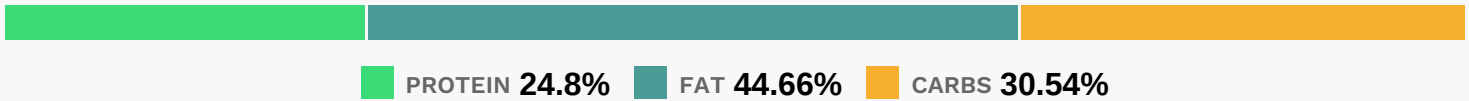
Equipment

- ☐ 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: Og (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%)