



Cheesy Chicken Enchilada Dinner

READY IN



40 min.

SERVINGS



40

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 8-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh chopped
- 2.5 cups regular corn frozen
- 16 oz taco bellâ® & chunky salsa thick divided
- 1.3 cups cheddar cheese shredded divided kraft
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

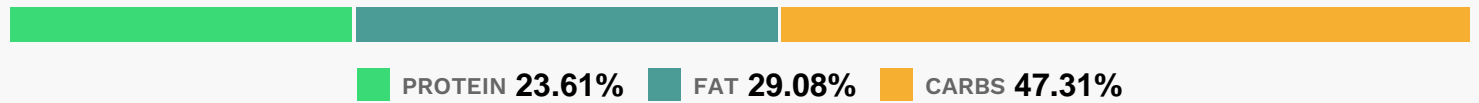
- frying pan

- oven
- baking pan

Directions

- Heat oven to 350F.
- Cook and stir chicken in large nonstick skillet on medium-high heat 6 min. or until done. Stir in 1/2 cup salsa, 2/3 cup cheese and cilantro.
- Remove from heat.
- Spread 1 cup salsa onto bottom of 13x9-inch baking dish. Spoon 1/4 cup chicken mixture down center of each tortilla; roll up.
- Place, seam-sides down, in baking dish; top with remaining salsa and cheese.
- Bake 20 min. or until heated through, cooking corn as directed on package near end of chicken baking time.
- Serve chicken with corn.

Nutrition Facts



Properties

Glycemic Index:2.33, Glycemic Load:2.01, Inflammation Score:-2, Nutrition Score:3.8095652163029%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 79.77kcal (3.99%), Fat: 2.62g (4.02%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 8.63g (3.14%), Sugar: 0.92g (1.02%), Cholesterol: 10.79mg (3.6%), Sodium: 205.04mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Selenium: 7.66µg (10.94%), Vitamin B3: 2.05mg (10.25%), Phosphorus: 78.9mg (7.89%), Vitamin B6: 0.13mg (6.67%), Vitamin B1: 0.09mg (5.8%), Calcium: 47.8mg (4.78%), Manganese: 0.09mg (4.73%), Folate: 17.82µg (4.46%), Vitamin B2: 0.08mg (4.45%), Fiber: 0.94g (3.77%), Iron: 0.63mg (3.5%), Potassium: 120.71mg (3.45%), Magnesium: 11.73mg (2.93%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.36mg (2.39%), Vitamin A: 100.38IU (2.01%), Vitamin K: 1.81µg (1.73%), Copper: 0.03mg (1.52%), Vitamin C: 1.12mg (1.36%), Vitamin E: 0.19mg (1.26%)