



WHATSheATE



Cheesy Chicken Enchilada Soup



Gluten Free



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 21.5 oz cream of chicken soup fat-free 98% 30% with less sodium canned
- ☐ 10 oz enchilada sauce red canned
- ☐ 2 cups milk
- ☐ 4 oz cheddar cheese shredded reduced-fat
- ☐ 9 oz chicken tenderloins frozen thawed cooked chopped southwestern-flavored (2 cups)
- ☐ 0.8 cup tortilla chips crushed

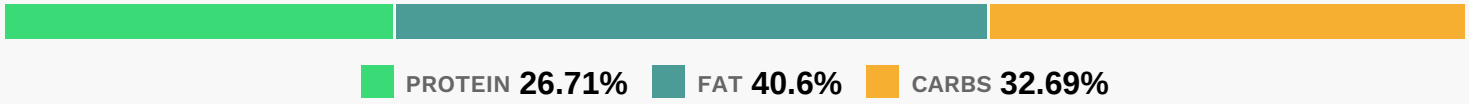
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, mix all ingredients except tortilla chips.
- ☐ Cook over medium heat, stirring occasionally, until thoroughly heated and cheese is melted.
Top individual servings with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:4.57, Inflammation Score:-5, Nutrition Score:11.788260884907%

Nutrients (% of daily need)

Calories: 308.15kcal (15.41%), Fat: 13.86g (21.33%), Saturated Fat: 4.7g (29.39%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 23.54g (8.56%), Sugar: 7.82g (8.69%), Cholesterol: 49.07mg (16.36%), Sodium: 1365.83mg (59.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.53g (41.05%), Phosphorus: 326.76mg (32.68%), Selenium: 20.46µg (29.22%), Vitamin B3: 5.05mg (25.25%), Calcium: 210.06mg (21.01%), Vitamin B6: 0.4mg (20.12%), Vitamin B2: 0.25mg (14.9%), Vitamin A: 684.11IU (13.68%), Vitamin B5: 1.31mg (13.09%), Potassium: 367.75mg (10.51%), Vitamin B12: 0.62µg (10.28%), Iron: 1.82mg (10.09%), Magnesium: 39.98mg (9.99%), Zinc: 1.42mg (9.45%), Copper: 0.16mg (8.01%), Vitamin E: 1.19mg (7.93%), Vitamin K: 7.61µg (7.25%), Vitamin B1: 0.11mg (7.22%), Vitamin D: 0.96µg (6.37%), Fiber: 1.58g (6.32%), Manganese: 0.08mg (3.99%), Vitamin C: 1.56mg (1.89%), Folate: 7.54µg (1.88%)