



Cheesy Chicken Enchiladas

READY IN



50 min.

SERVINGS



50

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced undrained canned
- 10 oz cream of chicken soup fat-free 98% reduced-sodium canned
- 2 cups meat from a rotisserie chicken cooked chopped
- 8 6-inch flour tortillas ()
- 1 cup cheese shredded mexican style kraft

Equipment

- oven
- baking pan

aluminum foil

Directions

Heat oven to 350F.

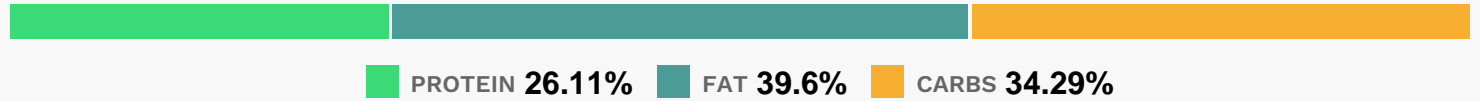
Combine chicken and soup; spoon down centers of tortillas.

Roll up.

Place, seam-sides down, in 13x9-inch baking dish. Top with tomatoes and cheese. Cover with foil.

Bake 30 to 35 min. or until cheese is melted and enchiladas are heated through, removing foil after 20 min.

Nutrition Facts



Properties

Glycemic Index:2.3, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:1.6873912892264%

Nutrients (% of daily need)

Calories: 39.7kcal (1.99%), Fat: 1.74g (2.68%), Saturated Fat: 0.72g (4.51%), Carbohydrates: 3.39g (1.13%), Net Carbohydrates: 3.08g (1.12%), Sugar: 0.59g (0.65%), Cholesterol: 6.78mg (2.26%), Sodium: 103.41mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Selenium: 2.94µg (4.2%), Vitamin B3: 0.78mg (3.88%), Phosphorus: 34.75mg (3.47%), Calcium: 25.93mg (2.59%), Iron: 0.42mg (2.33%), Vitamin B1: 0.03mg (2.32%), Manganese: 0.04mg (2.18%), Vitamin B2: 0.04mg (2.1%), Vitamin B6: 0.04mg (1.95%), Folate: 6.23µg (1.56%), Copper: 0.03mg (1.53%), Zinc: 0.22mg (1.44%), Potassium: 46.76mg (1.34%), Fiber: 0.32g (1.28%), Magnesium: 4.61mg (1.15%), Vitamin B5: 0.1mg (1.01%)