



## Cheesy Chicken Enchiladas

 Gluten Free

READY IN



55 min.

SERVINGS



5

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 18.5 oz condensed cream of cheddar cheese soup traditional progresso® canned
- 10 6-inch corn tortillas (es)
- 10 oz enchilada sauce hot old el paso® canned
- 2 medium spring onion thinly sliced
- 8 oz monterrey jack cheese shredded
- 2 cups chicken shredded cooked

### Equipment

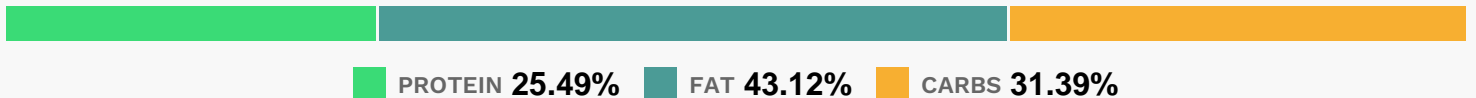
- bowl

- paper towels
- oven
- baking pan

## Directions

- Heat oven to 350°F. In medium bowl, stir together soup and enchilada sauce.
- Spread 1 cup soup mixture in ungreased 11x7-inch baking dish.
- In large bowl, mix 1 cup soup mixture with chicken and 1 cup of the cheese; reserve remaining soup mixture. On microwavable plate, stack tortillas and cover with paper towel; heat on High 1 minute to soften.
- Place 1/4 cup chicken mixture along middle of each tortilla.
- Roll up and place seam sides down in baking dish with sauce.
- Pour remaining soup mixture over enchiladas.
- Sprinkle with remaining 1 cup cheese.
- Sprinkle green onions on top.
- Bake about 30 minutes or until cheese is melted and sauce is bubbly around edges.

## Nutrition Facts



## Properties

Glycemic Index:21.9, Glycemic Load:10.23, Inflammation Score:-7, Nutrition Score:15.766521671544%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 485.63kcal (24.28%), Fat: 23.18g (35.66%), Saturated Fat: 11.61g (72.54%), Carbohydrates: 37.97g (12.66%), Net Carbohydrates: 32.73g (11.9%), Sugar: 6.29g (6.99%), Cholesterol: 86.57mg (28.86%), Sodium: 1379.74mg (59.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.83g (61.66%), Phosphorus: 474.42mg (47.44%), Calcium: 425.11mg (42.51%), Selenium: 23.56µg (33.66%), Vitamin B3: 5.27mg (26.34%), Vitamin A: 1233.53IU (24.67%), Potassium: 752.38mg (21.5%), Fiber: 5.24g (20.94%), Zinc: 2.92mg (19.44%), Vitamin B6:

0.38mg (19.15%), Vitamin B2: 0.3mg (17.52%), Magnesium: 62.65mg (15.66%), Vitamin K: 13.55µg (12.91%), Iron: 2.07mg (11.52%), Manganese: 0.19mg (9.68%), Vitamin B12: 0.54µg (8.98%), Vitamin B5: 0.7mg (7.01%), Copper: 0.13mg (6.57%), Vitamin B1: 0.09mg (6.25%), Folate: 17.4µg (4.35%), Vitamin C: 2.26mg (2.74%), Vitamin E: 0.3mg (1.98%), Vitamin D: 0.27µg (1.81%)