



Cheesy Chicken Enchiladas

READY IN



45 min.

SERVINGS



8

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter melted
- ☐ 4.5 ounce chilis green drained chopped canned
- ☐ 1 tablespoon canola oil
- ☐ 10.8 ounce cream of chicken soup undiluted reduced-fat reduced-sodium canned (such as Healthy Request)
- ☐ 2.5 cups chicken breast strips/pre-cooked/chopped cooked chopped
- ☐ 8 8-inch flour tortilla ()
- ☐ 1 teaspoon garlic minced

- ☐ 0.3 cup spring onion chopped
- ☐ 1.7 cups yogurt plain low-fat
- ☐ 0.3 cup onion chopped
- ☐ 2 ounces sharp cheddar cheese shredded reduced-fat finely
- ☐ 8 ounces cheddar cheese reduced-fat

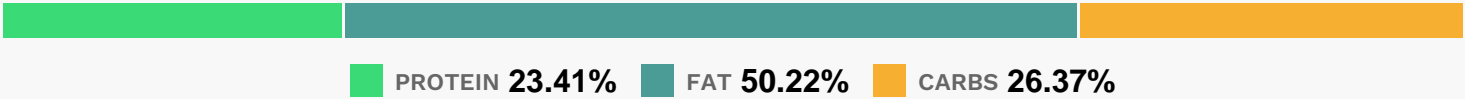
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 9 ingredients in a large bowl.
- ☐ Remove 1 cup chicken mixture; set mixture aside.
- ☐ Heat a large skillet over medium-high heat. Working with 1 tortilla at a time, brush oil over both sides of tortilla.
- ☐ Add tortilla to pan; cook 5 seconds on each side or until toasted and soft.
- ☐ Remove from pan; arrange 1/2 cup chicken mixture down center of tortilla.
- ☐ Roll jelly-roll style; place filled tortilla, seam side down, in a 13 x 9inch baking dish coated with cooking spray. Repeat procedure with remaining 7 tortillas, remaining oil, and remaining chicken mixture.
- ☐ Spread reserved 1 cup chicken mixture evenly over enchiladas. Cover and bake at 350 for 20 minutes. Uncover; sprinkle evenly with cheddar cheese and green onions; bake an additional 5 minutes or until cheese melts.
- ☐ Wine note: Just as a crunchy green salad with mango will complement Cheesy Chicken Enchiladas, so too will a crisp, tropical fruit-filled California chardonnay, like Kali Hart Vineyard Chardonnay 2007 (\$17). With its medium body and lively acidity, this white wine slices through creamy dairy products, like cheese and yogurt. A shot of citrus flavor and a nice bit of lingering sweetness also give it the ability to balance spicy chiles. Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:34.38, Glycemic Load:9.37, Inflammation Score:-6, Nutrition Score:18.27956523066%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 515.45kcal (25.77%), Fat: 28.59g (43.99%), Saturated Fat: 14.27g (89.17%), Carbohydrates: 33.78g (11.26%), Net Carbohydrates: 31.54g (11.47%), Sugar: 6.36g (7.06%), Cholesterol: 97.65mg (32.55%), Sodium: 1054.22mg (45.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.99g (59.98%), Selenium: 32.36µg (46.22%), Phosphorus: 454.05mg (45.41%), Vitamin B3: 8.63mg (43.13%), Calcium: 429.06mg (42.91%), Vitamin B2: 0.45mg (26.72%), Vitamin B1: 0.33mg (22%), Vitamin B6: 0.37mg (18.6%), Folate: 73.11µg (18.28%), Iron: 3.21mg (17.85%), Zinc: 2.43mg (16.23%), Manganese: 0.32mg (16%), Vitamin B12: 0.87µg (14.57%), Vitamin K: 14.85µg (14.15%), Vitamin A: 650.48IU (13.01%), Magnesium: 45.26mg (11.32%), Potassium: 381.96mg (10.91%), Vitamin B5: 1.02mg (10.16%), Fiber: 2.25g (8.98%), Vitamin C: 6.97mg (8.45%), Copper: 0.15mg (7.29%), Vitamin E: 1.01mg (6.72%), Vitamin D: 0.23µg (1.52%)