



## Cheesy Chicken Enchilads

READY IN



40 min.

SERVINGS



40

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups meat from a rotisserie chicken cooked chopped
- 4 oz philadelphia cream cheese cubed ()
- 8 6-inch flour tortillas ()
- 1 bell pepper green chopped
- 1 Tbsp milk
- 0.5 cup taco bellâ® & chunky salsa thick divided
- 4 oz velveetaâ cut into 1/2-inch cubes
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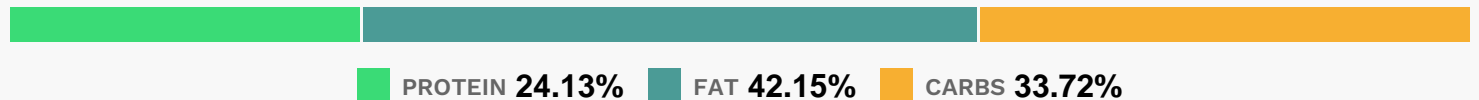
## Equipment

- sauce pan
- oven
- baking pan
- aluminum foil

## Directions

- Heat oven to 350F.
- Mix chicken, peppers, cream cheese and 1/4 cup salsa in saucepan; cook on low heat until cream cheese is melted, stirring occasionally.
- Spoon 1/3 cup chicken mixture down center of each tortilla; roll up.
- Place, seam-sides down, in lightly greased 13x9-inch baking dish; set aside. Cook VELVEETA and milk in saucepan on low heat until VELVEETA is completely melted, stirring frequently.
- Pour over enchiladas; cover with foil.
- Bake 20 min. or until heated through. Top with remaining salsa.

## Nutrition Facts



## Properties

Glycemic Index:2.72, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:1.6730434556856%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 41.73kcal (2.09%), Fat: 1.94g (2.99%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 3.5g (1.17%), Net Carbohydrates: 3.18g (1.15%), Sugar: 0.54g (0.6%), Cholesterol: 8.16mg (2.72%), Sodium: 79.86mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Selenium: 3.34µg (4.77%), Vitamin B3: 0.87mg (4.35%), Phosphorus: 30.85mg (3.08%), Vitamin C: 2.45mg (2.97%), Vitamin B1: 0.04mg (2.55%), Vitamin B6: 0.05mg (2.32%), Vitamin B2: 0.04mg (2.12%), Manganese: 0.04mg (1.92%), Iron: 0.33mg (1.83%), Folate: 6.67µg (1.67%),

Calcium: 14.02mg (1.4%), Vitamin A: 68.16IU (1.36%), Fiber: 0.32g (1.28%), Potassium: 41.43mg (1.18%), Zinc: 0.16mg (1.1%), Vitamin B5: 0.1mg (1.05%)