



Chicken and Corn Enchiladas

READY IN



50 min.

SERVINGS



5

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8.2 oz flour tortilla soft for tacos & fajitas (10 tortillas; old el paso®)
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon garlic powder
- 10 oz enchilada sauce green old el paso® canned
- 1 teaspoon ground cumin
- 6 oz monterrey jack cheese shredded
- 2 cups rotisserie chicken cut shredded
- 4 oz cheddar cheese shredded taco-flavored
- 11 oz corn whole with red and green peppers, drained green giant® canned

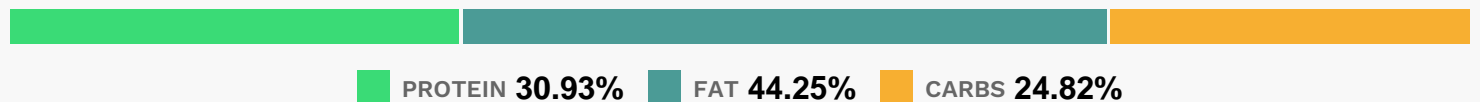
Equipment

- bowl
- oven
- baking pan

Directions

- Heat oven to 375°F.
- Spray 13x9-inch (3-quart) baking dish with cooking spray.
- Spread 1/4 cup of the enchilada sauce in bottom of baking dish. Reserve 1/3 cup corn.
- In medium bowl, mix chicken, 1 cup of the Monterey Jack cheese, the Mexican cheese, remaining corn, cumin and garlic powder. Spoon about 1/2 cup filling onto each tortilla.
- Roll up each tortilla tightly; place seam side down in baking dish.
- Drizzle remaining enchilada sauce over top.
- Bake uncovered about 30 minutes or until bubbly and lightly browned.
- Sprinkle enchiladas with remaining 1/2 cup Monterey Jack cheese, reserved corn and cilantro.

Nutrition Facts



Properties

Glycemic Index:20.6, Glycemic Load:7.33, Inflammation Score:-6, Nutrition Score:12.883043512054%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 595.85kcal (29.79%), Fat: 29.2g (44.93%), Saturated Fat: 13.91g (86.92%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 34.19g (12.43%), Sugar: 5.99g (6.66%), Cholesterol: 142.67mg (47.56%), Sodium: 1606.52mg (69.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.93g (91.86%), Calcium: 476.44mg (47.64%), Phosphorus: 375.05mg (37.5%), Selenium: 18.8µg (26.85%), Vitamin B2: 0.35mg (20.43%), Folate: 71.14µg (17.79%), Vitamin B1: 0.26mg (17.16%), Vitamin A: 805.13IU (16.1%), Iron: 2.83mg (15.72%), Manganese: 0.29mg (14.51%), Zinc: 2.15mg (14.36%), Vitamin B3: 2.62mg (13.11%), Fiber: 2.66g (10.66%), Vitamin B12: 0.56µg (9.36%),

Magnesium: 33.68mg (8.42%), Potassium: 188.86mg (5.4%), Vitamin K: 5.28µg (5.03%), Copper: 0.09mg (4.48%),
Vitamin B6: 0.08mg (3.75%), Vitamin C: 2.27mg (2.75%), Vitamin D: 0.32µg (2.12%), Vitamin B5: 0.21mg (2.07%),
Vitamin E: 0.16mg (1.1%)