



Chicken-and-Green Chile Enchiladas

READY IN



20 min.

SERVINGS



6

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 9-inch flour tortilla ()
- 8 oz chilis green chopped canned
- 3.5 cups roasted chicken cooked chopped
- 30 oz enchilada sauce divided canned
- 1 tablespoon cilantro leaves fresh chopped
- 0.7 cup onion
- 8 oz cheddar cheese shredded divided

Equipment

- oven
- baking pan

Directions

- Preheat oven to 42
- Stir together first 4 ingredients, 1 1/2 cups enchilada sauce, and 1 cup cheese.
- Spoon about 1/2 cup chicken mixture down center of each tortilla; roll tortillas up, and place, seam sides down, in a lightly greased 13- x 9-inch baking dish.
- Pour remaining enchilada sauce over tortillas.
- Sprinkle with remaining 1 cup cheese.
- Bake, covered, at 425 for 20 minutes; uncover and bake 10 minutes or until cheese is melted and golden brown.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:13.916521691758%

Flavonoids

Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg

Nutrients (% of daily need)

Calories: 347.55kcal (17.38%), Fat: 16.41g (25.25%), Saturated Fat: 7.96g (49.76%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 13.13g (4.77%), Sugar: 10.72g (11.91%), Cholesterol: 97.16mg (32.39%), Sodium: 1680.26mg (73.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.25g (64.51%), Selenium: 26.26µg (37.51%), Vitamin B3: 6.8mg (33.98%), Phosphorus: 334.45mg (33.45%), Calcium: 278.59mg (27.86%), Vitamin A: 1280.52IU (25.61%), Vitamin B6: 0.43mg (21.27%), Vitamin C: 17.1mg (20.72%), Zinc: 2.45mg (16.34%), Vitamin B2: 0.26mg (15.31%), Iron: 2.65mg (14.73%), Fiber: 3.4g (13.61%), Vitamin B12: 0.7µg (11.7%), Vitamin B5: 0.94mg (9.44%), Folate: 34.08µg (8.52%), Potassium: 289.83mg (8.28%), Magnesium: 30.2mg (7.55%), Vitamin B1: 0.08mg (5.2%), Copper: 0.06mg (3.22%), Manganese: 0.05mg (2.6%), Vitamin D: 0.19µg (1.26%), Vitamin K: 1.32µg (1.26%)