



Chicken and Sour Cream Enchiladas

READY IN



50 min.

SERVINGS



50

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp cilantro leaves chopped
- 1.5 cups milk colby & monterey jack cheeses shredded 2% divided kraft
- 2 cups meat from a rotisserie chicken cooked chopped
- 1.3 cups knudsen cream sour divided
- 10 6-inch flour tortillas ()
- 1 tsp ground cumin
- 1 cup lettuce shredded
- 1 cup taco bellâ® & chunky salsa thick divided
- 1 tomatoes chopped

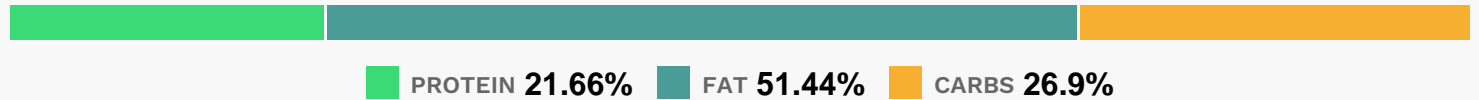
Equipment

- oven
- baking pan

Directions

- Heat oven to 350F.
- Combine chicken, 1 cup each sour cream and cheese, 1/4 cup salsa, cilantro and cumin.
- Spoon about 1/4 cup chicken mixture down center of each tortilla; roll up.
- Place, seam-sides down, in 13x9-inch baking dish; top with remaining salsa. Cover.
- Bake 30 min.
- Sprinkle with remaining cheese; bake 5 min. or until melted. Top with lettuce, tomatoes and remaining sour cream.

Nutrition Facts



Properties

Glycemic Index:2.82, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:2.0534782370795%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 57.01kcal (2.85%), Fat: 3.26g (5.02%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.48g (1.27%), Sugar: 0.73g (0.81%), Cholesterol: 11.35mg (3.78%), Sodium: 108.51mg (4.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Selenium: 3.55µg (5.08%), Phosphorus: 48.33mg (4.83%), Calcium: 44.71mg (4.47%), Vitamin B3: 0.79mg (3.96%), Vitamin B2: 0.05mg (3.08%), Vitamin A: 131.75IU (2.63%), Vitamin B1: 0.04mg (2.6%), Vitamin B6: 0.04mg (2.2%), Manganese: 0.04mg (2.18%), Iron: 0.38mg (2.12%), Folate: 7.99µg (2%), Zinc: 0.28mg (1.84%), Potassium: 54.62mg (1.56%), Fiber: 0.35g (1.42%), Vitamin K: 1.44µg (1.37%), Magnesium: 5.4mg (1.35%), Vitamin B5: 0.11mg (1.06%), Vitamin B12: 0.06µg (1.02%)