



Chicken-and-Spinach Enchiladas

READY IN



15 min.

SERVINGS



6

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 oz cream cheese
- 20 oz enchilada sauce canned
- 10 8-inch flour tortillas ()
- 10 oz pkt spinach frozen thawed chopped
- 6 servings toppings: lettuce fresh shredded red halved chopped
- 2.5 cups roasted chicken shredded chopped
- 16 oz salsa with cilantro, divided
- 8 oz mexican four-cheese blend shredded

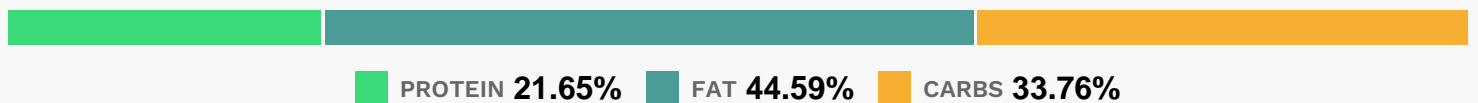
Equipment

- bowl
- paper towels
- oven
- baking pan
- microwave

Directions

- Drain spinach well, pressing between paper towels. Set aside.
- Stir together 1/4 cup salsa and enchilada sauce, and set aside.
- Microwave cream cheese in a medium microwave-safe bowl at HIGH 1 minute or until very soft.
- Add spinach, chicken, and remaining salsa, and stir until blended.
- Spoon a heaping 1/3 cupful chicken mixture down center of each tortilla.
- Roll up tortillas, and place, seam sides down, in a lightly greased 13- x 9-inch baking dish.
- Pour enchilada sauce mixture evenly over top of rolled tortillas; sprinkle with shredded cheese.
- Bake at 350 for 30 minutes or until bubbly.
- Let stand 5 minutes.
- Serve with desired toppings.
- *1/3-less-fat cream cheese may be substituted.
- Note: For testing purposes only, we used Tostitos Medium Salsa and Old El Paso Enchilada Sauce.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:14.54, Inflammation Score:-10, Nutrition Score:40.039565283319%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 41.26mg, Quercetin: 41.26mg, Quercetin: 41.26mg

Nutrients (% of daily need)

Calories: 706.49kcal (35.32%), Fat: 35.22g (54.19%), Saturated Fat: 17.65g (110.28%), Carbohydrates: 60.02g (20.01%), Net Carbohydrates: 50.88g (18.5%), Sugar: 14.06g (15.62%), Cholesterol: 117.84mg (39.28%), Sodium: 1915.42mg (83.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.47g (76.94%), Vitamin K: 439.43µg (418.51%), Vitamin A: 12499.59IU (249.99%), Selenium: 45.83µg (65.47%), Manganese: 1.21mg (60.41%), Folate: 232.33µg (58.08%), Phosphorus: 570.35mg (57.03%), Calcium: 544.49mg (54.45%), Vitamin B3: 9.62mg (48.1%), Vitamin B2: 0.78mg (46.07%), Vitamin B1: 0.61mg (40.84%), Iron: 7.22mg (40.11%), Fiber: 9.14g (36.55%), Vitamin C: 27.39mg (33.2%), Potassium: 1004.7mg (28.71%), Vitamin B6: 0.56mg (28.24%), Magnesium: 105.12mg (26.28%), Vitamin E: 3.84mg (25.6%), Zinc: 3.44mg (22.93%), Copper: 0.4mg (19.91%), Vitamin B5: 1.57mg (15.72%), Vitamin B12: 0.72µg (11.95%), Vitamin D: 0.19µg (1.26%)