



## Chicken Enchilada Cups

READY IN



35 min.

SERVINGS



12

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 pouch chipotle sauce old el paso®
- ☐ 1 cup chicken shredded cooked
- ☐ 6 8-inch flour tortilla for burritos (; from 11-oz package old el paso®)
- ☐ 2 oz cheddar cheese shredded

## Equipment

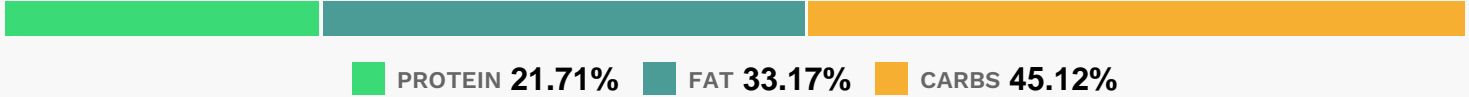
- ☐ sauce pan
- ☐ oven
- ☐ cookie cutter

- ☐ microwave
- ☐ muffin liners

## Directions

- ☐ Heat oven to 350°F. Spray 12 regular-size muffin cups with cooking spray.
- ☐ Using 4-inch round cookie cutter, cut 2 rounds from each tortilla.
- ☐ Place rounds on microwavable plate; microwave on High 15 seconds to soften.
- ☐ Place each in muffin cup, using bottom of small juice glass to press into each cup.
- ☐ In 2-quart saucepan, stir together chicken and cooking sauce. Cook over medium heat 5 minutes.
- ☐ Place 1 teaspoon cheese in bottom of each tortilla-lined cup. Spoon 1 heaping tablespoon chicken mixture into each. Top each with another teaspoon of cheese.
- ☐ Bake 18 to 20 minutes or until cheese is melted and tortillas are crisp.
- ☐ To serve, top each with sour cream and green onions.

## Nutrition Facts



## Properties

Glycemic Index:2.83, Glycemic Load:3.98, Inflammation Score:-1, Nutrition Score:4.1704347645459%

## Nutrients (% of daily need)

Calories: 114.7kcal (5.74%), Fat: 4.16g (6.4%), Saturated Fat: 1.76g (11%), Carbohydrates: 12.74g (4.25%), Net Carbohydrates: 11.82g (4.3%), Sugar: 1.04g (1.15%), Cholesterol: 13.24mg (4.41%), Sodium: 225.18mg (9.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Selenium: 9.27µg (13.24%), Vitamin B3: 2.05mg (10.26%), Phosphorus: 95.63mg (9.56%), Vitamin B1: 0.14mg (9.11%), Calcium: 69.77mg (6.98%), Manganese: 0.13mg (6.45%), Folate: 25.17µg (6.29%), Vitamin B2: 0.1mg (6.12%), Iron: 1.09mg (6.08%), Fiber: 0.92g (3.67%), Vitamin B6: 0.07mg (3.29%), Zinc: 0.45mg (3.03%), Magnesium: 9.24mg (2.31%), Vitamin K: 1.95µg (1.86%), Potassium: 62.61mg (1.79%), Copper: 0.03mg (1.72%), Vitamin B5: 0.17mg (1.67%), Vitamin B12: 0.09µg (1.53%)