



## Chicken Enchilada Foldovers

READY IN



25 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 ounce enchilada sauce red old el paso® canned
- 13.8 ounce classic pizza crust refrigerated pillsbury® canned
- 0.5 cup cheddar cheese shredded
- 1.5 cups meat from a rotisserie chicken shredded cooked

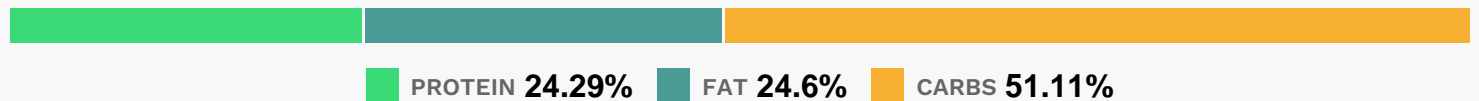
### Equipment

- bowl
- baking sheet
- oven

## Directions

- Heat oven to 425 degrees F. Lightly spray cookie sheet with cooking spray.
- In medium bowl, mix chicken and 1/2 cup of the enchilada sauce.
- Unroll dough; place on cookie sheet. Starting at center, press out dough into 14x10-inch rectangle; cut into 4 (7x5-inch) rectangles. Spoon about 1/3 cup chicken mixture onto half of each rectangle, spreading to within 1/2 inch of edge.
- Sprinkle 2 tablespoons cheese over each.
- Fold dough in half over filling; press edges firmly with fork to seal. Prick tops with fork.
- Bake 10 to 12 minutes or until golden brown.
- Meanwhile, heat remaining enchilada sauce until hot.
- Serve with foldovers for dipping.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:7.4765216760013%

## Nutrients (% of daily need)

Calories: 414.26kcal (20.71%), Fat: 11.32g (17.41%), Saturated Fat: 4.42g (27.6%), Carbohydrates: 52.9g (17.63%), Net Carbohydrates: 50.23g (18.27%), Sugar: 10.84g (12.04%), Cholesterol: 53.5mg (17.83%), Sodium: 1453.36mg (63.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.14g (50.27%), Selenium: 16.91µg (24.16%), Vitamin B3: 4.14mg (20.72%), Iron: 3.72mg (20.69%), Phosphorus: 165.49mg (16.55%), Vitamin A: 635.79IU (12.72%), Vitamin B6: 0.22mg (11.25%), Fiber: 2.67g (10.69%), Calcium: 106.16mg (10.62%), Zinc: 1.32mg (8.78%), Vitamin B2: 0.14mg (8.2%), Vitamin B5: 0.57mg (5.69%), Vitamin B12: 0.3µg (5.03%), Potassium: 131.1mg (3.75%), Magnesium: 14.84mg (3.71%), Vitamin B1: 0.04mg (2.44%), Copper: 0.03mg (1.73%), Vitamin C: 1.42mg (1.72%), Folate: 5.59µg (1.4%)