



Chicken Enchilada Lasagna Bundles

READY IN



80 min.

SERVINGS



6

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.5 ounces chilis green chopped old el paso® canned
- 2 cups roasted chicken diced cooked
- 20 ounces enchilada sauce old el paso® canned
- 0.5 cup spring onion chopped
- 12 ounces lasagne pasta sheets uncooked
- 1 cup monterrey jack cheese shredded with jalapeño peppers (4 ounces)
- 4 ounces cheddar cheese shredded
- 1 cup cream sour
- 0.8 cup tomatoes chopped

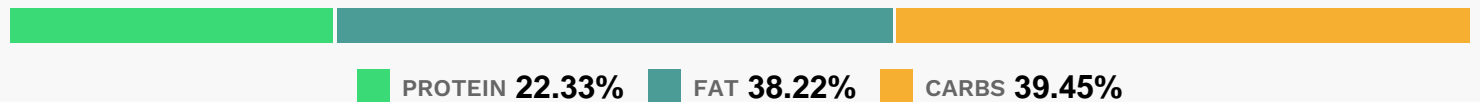
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Heat oven to 350°F. Grease rectangular baking dish, 13x9x2 inches. Cook and drain noodles as directed on package.
- In medium bowl, mix enchilada sauce, chiles and tomato.
- Mix chicken, Monterey Jack cheese, onions and 1 cup sour cream.
- Spread about 1/2 cup sauce mixture in baking dish.
- Spread about 1 teaspoon sauce mixture over each noodle; spread evenly with about 1/4 cup of the chicken mixture.
- Roll up each noodle; place seam side down on sauce in dish. Spoon about 1 cup sauce over rolls.
- Sprinkle with Cheddar cheese.
- Cover and bake 40 to 45 minutes or until hot in center.
- Heat remaining sauce in 1 1/2-quart saucepan; spoon over rolls. Top with additional sour cream and lettuce.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:17.5, Inflammation Score:-8, Nutrition Score:19.310434662777%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg,

Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 559.83kcal (27.99%), Fat: 23.63g (36.35%), Saturated Fat: 12.11g (75.71%), Carbohydrates: 54.89g (18.3%), Net Carbohydrates: 50.66g (18.42%), Sugar: 9.96g (11.07%), Cholesterol: 93.28mg (31.09%), Sodium: 1192.87mg (51.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.13%), Selenium: 56.93µg (81.32%), Phosphorus: 405.97mg (40.6%), Calcium: 345.86mg (34.59%), Vitamin A: 1487.48IU (29.75%), Manganese: 0.57mg (28.53%), Vitamin B3: 4.99mg (24.96%), Vitamin B2: 0.34mg (20.02%), Zinc: 2.98mg (19.85%), Vitamin K: 20.28µg (19.31%), Vitamin B6: 0.36mg (18.05%), Fiber: 4.22g (16.89%), Vitamin C: 13.62mg (16.52%), Magnesium: 58.44mg (14.61%), Iron: 2.52mg (13.99%), Potassium: 402.2mg (11.49%), Copper: 0.23mg (11.38%), Folate: 41.81µg (10.45%), Vitamin B5: 0.99mg (9.85%), Vitamin B12: 0.57µg (9.54%), Vitamin B1: 0.11mg (7.3%), Vitamin E: 0.55mg (3.63%), Vitamin D: 0.23µg (1.51%)