



Chicken Enchiladas

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cilantro leaves
- 2 cups roasted chicken cooked chopped
- 10 oz enchilada sauce canned
- 6 6-inch flour tortilla soft for tacos & fajitas (; from 8.2-oz package)
- 2 cloves garlic
- 1 medium lime cut into wedges
- 1 tablespoon juice of lime
- 0.3 cup parsley
- 4 oz mozzarella cheese shredded

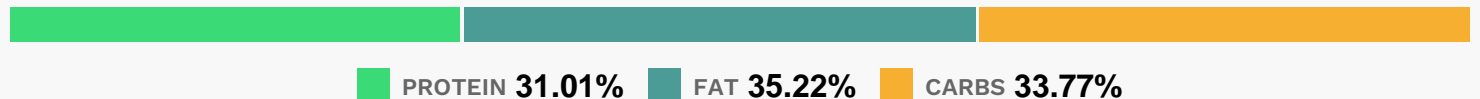
Equipment

- food processor
- bowl
- oven
- blender
- baking pan
- glass baking pan

Directions

- Heat oven to 350F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray.
- In blender or food processor, place enchilada sauce, cilantro, parsley, lime juice and garlic. Cover; blend on high speed about 30 seconds or until smooth.
- In small bowl, mix chicken and 3/4 cup of the cheese. Divide chicken mixture among tortillas.
- Roll tortillas around chicken mixture; place seam sides down in baking dish.
- Pour sauce mixture over enchiladas.
- Cover; bake 15 minutes.
- Sprinkle with remaining 1/4 cup cheese.
- Bake uncovered 5 to 10 minutes longer or until hot.
- Serve with lime wedges.
- Garnish with additional cilantro sprigs if desired.

Nutrition Facts



Properties

Glycemic Index:31.17, Glycemic Load:5.19, Inflammation Score:-6, Nutrition Score:12.259999998238%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 251.85kcal (12.59%), Fat: 9.77g (15.03%), Saturated Fat: 4.21g (26.33%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 18.77g (6.82%), Sugar: 4.73g (5.25%), Cholesterol: 49.93mg (16.64%), Sodium: 786.1mg (34.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.35g (38.7%), Vitamin K: 45.76µg (43.58%), Selenium: 21.58µg (30.83%), Vitamin B3: 5.1mg (25.48%), Phosphorus: 223.96mg (22.4%), Calcium: 154.59mg (15.46%), Vitamin A: 724.56IU (14.49%), Vitamin B1: 0.19mg (12.94%), Iron: 2.27mg (12.63%), Vitamin B2: 0.21mg (12.58%), Vitamin B6: 0.24mg (11.87%), Vitamin C: 8.76mg (10.62%), Zinc: 1.48mg (9.84%), Vitamin B12: 0.57µg (9.44%), Manganese: 0.19mg (9.34%), Folate: 37.24µg (9.31%), Fiber: 2.3g (9.19%), Vitamin B5: 0.58mg (5.77%), Magnesium: 22.72mg (5.68%), Potassium: 194.38mg (5.55%), Copper: 0.08mg (3.8%)