



Chicken Enchiladas

READY IN



45 min.

SERVINGS



4

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 teaspoon chili powder
- 10.8 ounce cream of chicken soup fat free 98% canned (Regular or)
- 2 cups roasted chicken cooked chopped
- 8 8-inch flour tortilla warmed ()
- 4 ounce to 2 chilies slit green chopped canned
- 1 cup cheddar cheese shredded
- 1 medium onion chopped
- 0.5 cup cream sour

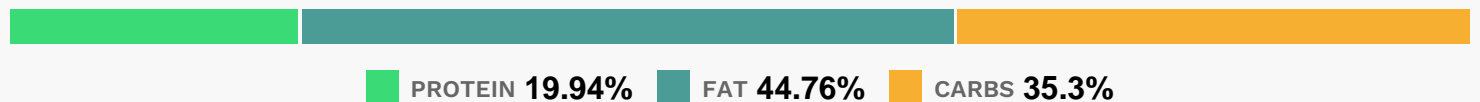
Equipment

- sauce pan
- oven
- baking pan

Directions

- Mix soup and sour cream.
- Heat butter in saucepan.
- Add onion and chili powder and cook until tender.
- Add chicken, chilies and 2 tablespoons soup mixture.
- Spread 1/2 cup soup mixture in 2–quart shallow baking dish. Spoon about 1/4 cup chicken mixture down center of each tortilla.
- Roll up and place seam–side down in dish. Spoon remaining soup mixture on top.
- Sprinkle with cheese.
- Bake at 350 degrees F for 25 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:19.02, Inflammation Score:-8, Nutrition Score:24.018260784771%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 715kcal (35.75%), Fat: 35.29g (54.29%), Saturated Fat: 14.47g (90.47%), Carbohydrates: 62.6g (20.87%), Net Carbohydrates: 57.46g (20.89%), Sugar: 7.42g (8.24%), Cholesterol: 103.81mg (34.6%), Sodium: 1668.45mg (72.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.37g (70.74%), Selenium: 50.71µg (72.45%),

Phosphorus: 529.65mg (52.97%), Vitamin B3: 10.46mg (52.28%), Calcium: 405.78mg (40.58%), Vitamin B1: 0.59mg (39.64%), Vitamin B2: 0.61mg (35.99%), Iron: 5.57mg (30.93%), Manganese: 0.62mg (30.88%), Folate: 113.96µg (28.49%), Vitamin B6: 0.42mg (21.11%), Fiber: 5.15g (20.59%), Zinc: 3.03mg (20.17%), Vitamin A: 903.54IU (18.07%), Copper: 0.27mg (13.69%), Magnesium: 54.29mg (13.57%), Vitamin B5: 1.25mg (12.48%), Potassium: 434.19mg (12.41%), Vitamin K: 12.22µg (11.63%), Vitamin B12: 0.57µg (9.44%), Vitamin C: 5.78mg (7.01%), Vitamin E: 1.04mg (6.91%), Vitamin D: 0.17µg (1.13%)