



Chicken Enchiladas

READY IN



55 min.

SERVINGS



4

CALORIES



946 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounce chilis green drained chopped canned
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 8 8-inch flour tortilla ()
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 8 ounce sauce green
- ☐ 8 ounces monterrey jack cheese shredded with peppers
- ☐ 0.5 cup cream sour
- ☐ 8 ounce cream sour
- ☐ 4 servings spring onion diced ripe sliced chopped

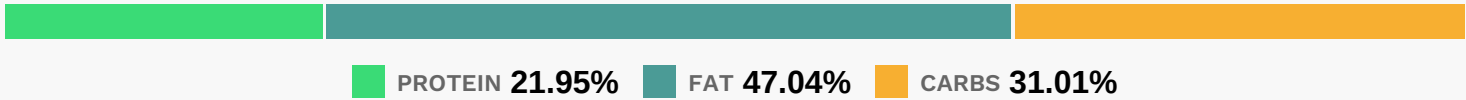
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Stir together first 5 ingredients. Spoon chicken mixture evenly over each tortilla, and roll up. Arrange in a lightly greased 13- x 9-inch baking dish. Coat tortillas with vegetable cooking spray.
- ☐ Bake at 350 for 35 to 40 minutes or until golden brown.
- ☐ Stir together sour cream and taco sauce. Spoon over hot enchiladas, and sprinkle with toppings.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:16.12, Inflammation Score:-8, Nutrition Score:30.541304349899%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 946.24kcal (47.31%), Fat: 49.03g (75.43%), Saturated Fat: 24.35g (152.19%), Carbohydrates: 72.73g (24.24%), Net Carbohydrates: 68.43g (24.88%), Sugar: 20.23g (22.48%), Cholesterol: 179.63mg (59.88%), Sodium: 2004.73mg (87.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.48g (102.96%), Selenium: 60.1µg (85.86%), Phosphorus: 734.77mg (73.48%), Calcium: 687.49mg (68.75%), Vitamin B3: 13.16mg (65.81%), Vitamin B2: 0.82mg (48.42%), Vitamin B1: 0.61mg (40.74%), Folate: 138.35µg (34.59%), Iron: 5.98mg (33.21%), Vitamin B6: 0.61mg (30.72%), Zinc: 4.18mg (27.86%), Manganese: 0.55mg (27.63%), Vitamin K: 26.6µg (25.33%), Vitamin A: 1201.39IU (24.03%), Magnesium: 71.17mg (17.79%), Fiber: 4.31g (17.22%), Potassium: 580.23mg (16.58%), Vitamin B5: 1.63mg (16.33%), Vitamin C: 13.16mg (15.96%), Vitamin B12: 0.95µg (15.91%), Copper: 0.21mg (10.37%), Vitamin E: 0.54mg (3.59%), Vitamin D: 0.34µg (2.27%)