



## Chicken Enchiladas

READY IN



45 min.

SERVINGS



6

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4.5 oz chilis green drained chopped canned
- ☐ 3 cups roasted chicken cooked chopped
- ☐ 8 8-inch flour tortilla soft ( )
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 8 oz sauce green
- ☐ 8 oz pepper jack cheese shredded
- ☐ 0.5 cup cream sour
- ☐ 8 oz cream sour
- ☐ 6 servings cilantro leaves fresh sliced chopped coarsely chopped

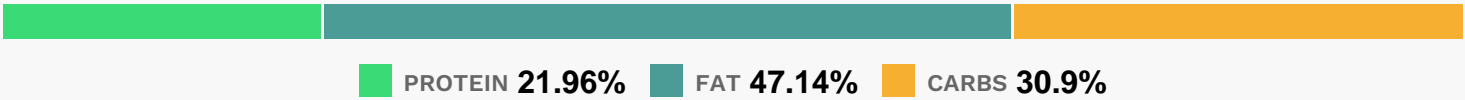
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 35
- ☐ Stir together first 5 ingredients in a large bowl. Spoon about 1/2 cup chicken mixture down center of each tortilla; roll tortillas up.
- ☐ Place rolled tortillas, seam sides down, in a lightly greased 13- x 9-inch baking dish. Lightly coat tops of tortillas with cooking spray.
- ☐ Bake at 350 for 30 to 35 minutes or until golden brown.
- ☐ Stir together taco sauce and 8-oz. container sour cream. Spoon over hot enchiladas, and sprinkle with desired toppings.
- ☐ \*Monterey Jack cheese may be substituted.
- ☐ To Make Ahead: Prepare recipe as directed through Step Cover with aluminum foil, and chill overnight, or freeze up to 1 month. If frozen, thaw in refrigerator overnight.
- ☐ Let stand at room temperature 30 minutes. Proceed with recipe as directed in Steps 3 and

## Nutrition Facts



## Properties

Glycemic Index:20.83, Glycemic Load:10.68, Inflammation Score:-7, Nutrition Score:19.809565150219%

## Flavonoids

Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 629.57kcal (31.48%), Fat: 32.68g (50.28%), Saturated Fat: 16.23g (101.45%), Carbohydrates: 48.2g (16.07%), Net Carbohydrates: 45.43g (16.52%), Sugar: 13.39g (14.88%), Cholesterol: 119.75mg (39.92%), Sodium: 1335.89mg (58.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.5%), Selenium: 40.05µg (57.21%), Phosphorus: 488.42mg (48.84%), Calcium: 455.52mg (45.55%), Vitamin B3: 8.75mg (43.77%), Vitamin B2: 0.55mg (32.1%), Vitamin B1: 0.41mg (27.02%), Folate: 89.74µg (22.43%), Iron: 3.93mg (21.82%), Vitamin B6: 0.41mg (20.37%), Zinc: 2.77mg (18.47%), Manganese: 0.36mg (18.12%), Vitamin A: 767.8IU (15.36%), Magnesium: 46.67mg (11.67%), Fiber: 2.77g (11.08%), Vitamin B5: 1.09mg (10.86%), Potassium: 376.3mg (10.75%), Vitamin B12: 0.64µg (10.61%), Vitamin C: 8.05mg (9.76%), Vitamin K: 9.76µg (9.3%), Copper: 0.14mg (6.76%), Vitamin E: 0.34mg (2.26%), Vitamin D: 0.23µg (1.51%)