



Chicken Enchiladas II

 Popular

READY IN



45 min.

SERVINGS



6

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.5 cups rotisserie chicken breast meat cubed cooked
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 6 12-inch flour tortillas
- ☐ 0.5 teaspoon garlic powder
- ☐ 4 ounce chiles diced green canned
- ☐ 0.5 cup green onions chopped
- ☐ 0.3 cup milk

- ☐ 1 cup cheddar cheese shredded divided
- ☐ 0.5 cup cup heavy whipping cream sour

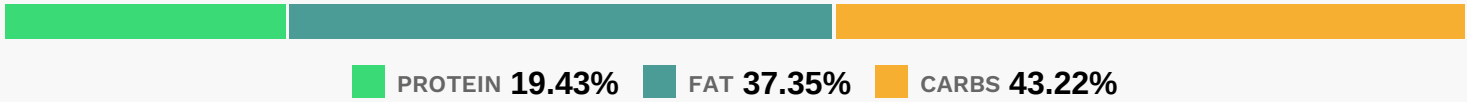
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large baking dish.
- ☐ In a medium saucepan over medium heat, melt the butter and saute the green onion until tender (about 3 to 4 minutes).
- ☐ Add the garlic powder, then stir in the green chiles, cream of mushroom soup and sour cream.
- ☐ Mix well. Reserve 3/4 of this sauce and set aside. To the remaining 1/4 of the sauce in the saucepan, add the chicken and 1/2 cup of shredded Cheddar cheese. Stir together.
- ☐ Fill each flour tortilla with the chicken mixture and roll up.
- ☐ Place seam side down in the prepared baking dish.
- ☐ In a small bowl combine the reserved 3/4 of the sauce with the milk. Spoon this mixture over the rolled tortillas and top with the remaining 1/2 cup of shredded Cheddar cheese.
- ☐ Bake in the preheated oven for 30 to 35 minutes, or until cheese is bubbly.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:18.23, Inflammation Score:-7, Nutrition Score:22.606521979622%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 582.66kcal (29.13%), Fat: 23.99g (36.9%), Saturated Fat: 11.24g (70.25%), Carbohydrates: 62.44g (20.81%), Net Carbohydrates: 57.79g (21.01%), Sugar: 5.64g (6.26%), Cholesterol: 68.67mg (22.89%), Sodium: 1449.56mg (63.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.08g (56.16%), Selenium: 41.5µg (59.29%), Vitamin B3: 10.5mg (52.49%), Phosphorus: 447.22mg (44.72%), Vitamin B1: 0.63mg (42.05%), Manganese: 0.74mg (37.08%), Calcium: 352.3mg (35.23%), Folate: 132.95µg (33.24%), Vitamin B2: 0.53mg (31.45%), Iron: 5.29mg (29.39%), Vitamin K: 26.5µg (25.24%), Fiber: 4.65g (18.61%), Vitamin B6: 0.36mg (17.83%), Zinc: 2.37mg (15.79%), Copper: 0.26mg (12.77%), Magnesium: 49.67mg (12.42%), Potassium: 397.71mg (11.36%), Vitamin C: 8.21mg (9.95%), Vitamin A: 497.15IU (9.94%), Vitamin B12: 0.5µg (8.32%), Vitamin B5: 0.83mg (8.28%), Vitamin E: 0.42mg (2.77%), Vitamin D: 0.26µg (1.73%)