



Chicken Enchiladas III

READY IN



40 min.

SERVINGS



8

CALORIES



884 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounce chile peppers green chopped canned
- ☐ 10 ounce chicken chunks drained canned
- ☐ 21.5 ounce cream of chicken soup canned
- ☐ 8 fluid ounces evaporated milk
- ☐ 10 10-inch flour tortillas ()
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound processed cheese food cubed
- ☐ 2 cups cheddar cheese shredded
- ☐ 16 ounce cup heavy whipping cream sour

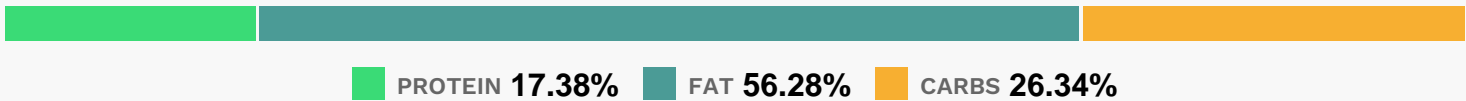
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium size microwave safe bowl, combine the processed cheese food, sour cream, 1 can of soup, and evaporated milk. Stir together, and heat in microwave oven until smooth, stirring at intervals.
- ☐ Add cumin to taste, and set aside.
- ☐ In a medium size bowl, combine the chicken, remaining can of soup, shredded cheese, and green chile peppers. Drop spoonfuls of chicken mixture in center of tortillas, and roll up.
- ☐ Place in a lightly greased 9x13 inch baking dish.
- ☐ Pour reserved sour cream mixture over all.
- ☐ Bake in the preheated oven for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:16.76, Inflammation Score:-8, Nutrition Score:27.93956495368%

Nutrients (% of daily need)

Calories: 883.59kcal (44.18%), Fat: 55.22g (84.95%), Saturated Fat: 27.4g (171.25%), Carbohydrates: 58.14g (19.38%), Net Carbohydrates: 54.81g (19.93%), Sugar: 9.94g (11.04%), Cholesterol: 150.79mg (50.26%), Sodium: 2587.47mg (112.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.36g (76.72%), Calcium: 1077.48mg (107.75%), Phosphorus: 856.84mg (85.68%), Selenium: 49.76µg (71.09%), Vitamin B2: 0.77mg (45.19%), Vitamin B1: 0.5mg (33%), Zinc: 4.46mg (29.73%), Iron: 5.3mg (29.43%), Vitamin A: 1465.2IU (29.3%), Vitamin B12: 1.67µg (27.84%), Folate: 108.4µg (27.1%), Vitamin B3: 5.28mg (26.42%), Manganese: 0.53mg (26.32%), Magnesium:

65.65mg (16.41%), Potassium: 478.48mg (13.67%), Fiber: 3.33g (13.32%), Copper: 0.26mg (12.94%), Vitamin K: 13.43µg (12.79%), Vitamin B6: 0.23mg (11.26%), Vitamin B5: 1.03mg (10.26%), Vitamin E: 1.46mg (9.74%), Vitamin C: 6.02mg (7.29%), Vitamin D: 0.57µg (3.83%)