



## Chicken Enchiladas Supreme

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups four cheese shredded mexican style divided kraft finely
- 8 oz philadelphia cream cheese spread divided
- 2.5 cups meat from a rotisserie chicken cooked chopped
- 12 6-inch corn tortillas warmed ()
- 2 cloves garlic minced
- 1 tsp garlic powder
- 3 Tbsp milk divided
- 2 tsp oil

- 1 cup peppers and onions green chopped
- 20 oz enchilada sauce red divided canned

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 350F.
- Mix cream cheese spread, 2 Tbsp. milk and garlic powder until blended.
- Heat oil in large skillet on medium heat.
- Add peppers, onions and garlic; cook and stir 5 to 6 min. or until crisp-tender. Stir in chicken, 3/4 cup each cream cheese mixture and shredded cheese, and 1/4 cup enchilada sauce.
- Dip 1 tortilla in remaining enchilada sauce; gently shake off excess sauce. Spoon 1/4 cup chicken mixture down center of tortilla; roll up.
- Place, seam side down, in 13x9-inch baking dish sprayed with cooking spray. Repeat with remaining tortillas and filling; cover with remaining sauce.
- Bake 20 min. Top with remaining shredded cheese; bake 5 min.
- Mix remaining cream cheese mixture and remaining milk; spoon over enchiladas.

## Nutrition Facts



## Properties

Glycemic Index:4.01, Glycemic Load:1.58, Inflammation Score:-2, Nutrition Score:2.3652173902677%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 72.53kcal (3.63%), Fat: 3.74g (5.75%), Saturated Fat: 1.84g (11.48%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.64g (1.69%), Sugar: 1.35g (1.5%), Cholesterol: 14.45mg (4.82%), Sodium: 187.6mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Phosphorus: 63.13mg (6.31%), Selenium: 3.89µg (5.56%), Calcium: 46.22mg (4.62%), Vitamin A: 210.23IU (4.2%), Vitamin B3: 0.83mg (4.15%), Vitamin C: 3.33mg (4.03%), Vitamin B6: 0.07mg (3.4%), Fiber: 0.81g (3.22%), Zinc: 0.4mg (2.69%), Vitamin B2: 0.04mg (2.32%), Magnesium: 9.2mg (2.3%), Manganese: 0.04mg (1.76%), Iron: 0.31mg (1.74%), Potassium: 47.54mg (1.36%), Vitamin B12: 0.08µg (1.27%), Vitamin B5: 0.12mg (1.2%), Vitamin B1: 0.02mg (1.16%), Copper: 0.02mg (1.09%)