

Chicken Enchiladas V

READY IN



45 min.

SERVINGS



8

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounce chiles green drained chopped canned
- 1 teaspoon chili powder
- 10.8 ounce cream of chicken soup canned
- 2 cups chicken breast strips/pre-cooked/chopped cooked chopped
- 8 8-inch flour tortilla ()
- 1 tablespoon butter
- 1 onion chopped
- 1 cup cheddar cheese shredded
- 0.5 cup cream sour

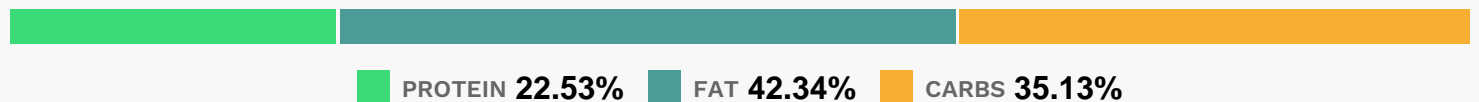
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small bowl mix the soup and sour cream; set aside.
- Melt margarine in a medium saucepan over medium high heat.
- Add onion and chili powder, and saute until tender. Stir in the chicken, chile peppers, and 2 tablespoons of the soup mixture. Cook and stir until heated through.
- Spread 1/2 cup of the soup mixture in a 9x13 inch baking dish. Spoon about 1/4 cup of the chicken mixture down the center of each tortilla.
- Roll up tortillas, and place, seam-side-down, in the baking dish. Spoon remaining soup mixture on top, and sprinkle with cheese.
- Bake 25 minutes in the preheated oven, or until bubbly and lightly browned.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:9.51, Inflammation Score:-6, Nutrition Score:13.121739089489%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 355.95kcal (17.8%), Fat: 16.61g (25.55%), Saturated Fat: 6.96g (43.51%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 28.66g (10.42%), Sugar: 3.24g (3.6%), Cholesterol: 55.4mg (18.47%), Sodium: 842.94mg

(36.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.78%), Selenium: 26.45µg (37.78%), Vitamin B3: 7.36mg (36.79%), Phosphorus: 278.99mg (27.9%), Calcium: 209.04mg (20.9%), Vitamin B1: 0.3mg (20.1%), Vitamin B2: 0.3mg (17.57%), Iron: 2.91mg (16.18%), Folate: 64.29µg (16.07%), Manganese: 0.31mg (15.44%), Vitamin B6: 0.29mg (14.73%), Fiber: 2.35g (9.39%), Vitamin A: 462.63IU (9.25%), Zinc: 1.34mg (8.96%), Magnesium: 30.51mg (7.63%), Vitamin C: 6.04mg (7.32%), Potassium: 242.56mg (6.93%), Copper: 0.13mg (6.7%), Vitamin B5: 0.63mg (6.34%), Vitamin K: 6.21µg (5.92%), Vitamin B12: 0.3µg (5.01%), Vitamin E: 0.61mg (4.09%)