



Chicken Enchiladas with Creamy Green Chile Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



713 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 4 ounce chiles green chopped canned
- 1 teaspoon chili powder
- 10.8 ounce campbell's® condensed cream of chicken soup fat free 98% canned (Regular or)
- 2 cups meat from a rotisserie chicken cooked chopped
- 8 8-inch flour tortillas warmed ()
- 1 cup monterrey jack cheese shredded
- 1 medium onion chopped

0.5 cup cup heavy whipping cream sour

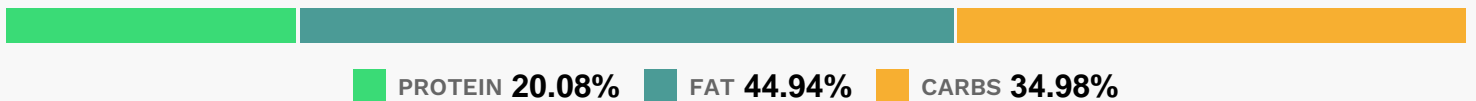
Equipment

- bowl
- sauce pan
- oven
- baking pan

Directions

- Stir the soup and sour cream in a small bowl.
- Heat the butter in a 3-quart saucepan over medium heat.
- Add the onion and chili powder and cook until the onion is tender. Stir in the chicken, chiles and 2 tablespoons soup mixture.
- Spread 1/2 cup soup mixture in a 2-quart shallow baking dish. Spoon about 1/4 cup chicken mixture down the center of each tortilla.
- Roll up and place seam-side down into the baking dish. Spoon the remaining soup mixture over the tortillas.
- Sprinkle with the cheese.
- Bake at 350 degrees F for 25 minutes or until the enchiladas are hot and bubbling.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:19.02, Inflammation Score:-8, Nutrition Score:24.807391431021%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 713.23kcal (35.66%), Fat: 35.38g (54.44%), Saturated Fat: 15.7g (98.11%), Carbohydrates: 61.99g (20.66%), Net Carbohydrates: 57.29g (20.83%), Sugar: 6.47g (7.19%), Cholesterol: 111.33mg (37.11%), Sodium: 1676.09mg (72.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.57g (71.14%), Selenium: 50.83µg (72.62%), Phosphorus: 532.81mg (53.28%), Vitamin B3: 10.63mg (53.17%), Calcium: 415.77mg (41.58%), Vitamin B1: 0.6mg (39.81%), Vitamin B2: 0.62mg (36.49%), Iron: 5.94mg (33.03%), Folate: 129.34µg (32.34%), Manganese: 0.62mg (30.88%), Vitamin B6: 0.46mg (22.8%), Zinc: 3.05mg (20.36%), Fiber: 4.69g (18.77%), Vitamin A: 901.53IU (18.03%), Vitamin C: 12.07mg (14.63%), Magnesium: 55.39mg (13.85%), Copper: 0.27mg (13.69%), Potassium: 465.6mg (13.3%), Vitamin B5: 1.27mg (12.73%), Vitamin K: 12.46µg (11.87%), Vitamin B12: 0.57µg (9.48%), Vitamin E: 1.01mg (6.73%), Vitamin D: 0.17µg (1.13%)