



Chicken & Green Chile Enchiladas

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz chiles green undrained chopped canned
- 16 6-inch corn tortillas warmed ()
- 1 cup knudsen cream sour divided
- 30 oz enchilada sauce red warmed canned
- 4.5 cups meat from a rotisserie chicken shredded cooked
- 8 oz taco cheese shredded mexican style divided kraft finely

Equipment

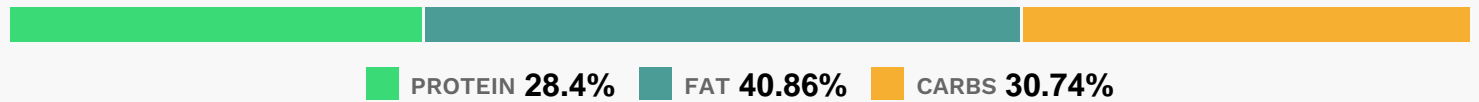
- frying pan

oven

Directions

- Heat oven to 375F.
- Spread 1 cup sauce onto bottom of 13x9-inch pan.
- Combine chicken, chiles and 3/4 cup each cheese and sour cream; spoon down centers of tortillas.
- Roll up.
- Place, seam sides down, over sauce in pan; top with remaining sauce. Cover.
- Bake 20 min. or until heated through.
- Sprinkle with remaining cheese; bake, uncovered, 5 min. or until melted.
- Serve topped with remaining sour cream.

Nutrition Facts



Properties

Glycemic Index:1.12, Glycemic Load:1.79, Inflammation Score:-2, Nutrition Score:2.7530434695275%

Nutrients (% of daily need)

Calories: 79.78kcal (3.99%), Fat: 3.63g (5.58%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 5.19g (1.89%), Sugar: 1.58g (1.75%), Cholesterol: 18.3mg (6.1%), Sodium: 220.7mg (9.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Phosphorus: 82.14mg (8.21%), Selenium: 4.96µg (7.09%), Vitamin B3: 1.27mg (6.34%), Calcium: 48.45mg (4.85%), Vitamin B6: 0.09mg (4.29%), Vitamin A: 200.22IU (4%), Fiber: 0.95g (3.79%), Zinc: 0.5mg (3.36%), Vitamin B2: 0.05mg (3.06%), Magnesium: 11.47mg (2.87%), Iron: 0.46mg (2.57%), Vitamin B12: 0.11µg (1.89%), Potassium: 62.78mg (1.79%), Vitamin B5: 0.18mg (1.78%), Manganese: 0.03mg (1.71%), Vitamin C: 1.29mg (1.56%), Vitamin B1: 0.02mg (1.32%), Copper: 0.02mg (1.22%)