

Chicken Ranch Enchiladas

READY IN



60 min.

SERVINGS



15

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 10.8 ounce cream of chicken soup canned
- 10 8-inch flour tortilla ()
- 4.5 ounce to 2 chilies slit green chopped canned
- 1 ounce ranch seasoning
- 2 cups cheddar cheese shredded
- 4 chicken breast halves boneless skinless cut into 1/2 inch cubes
- 16 ounce cream sour

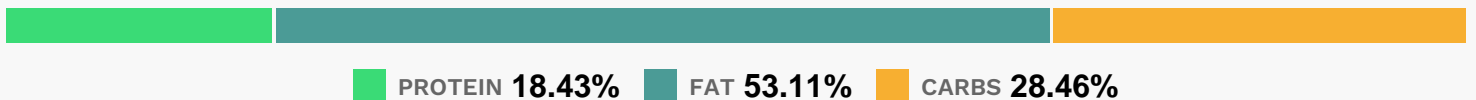
Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Melt the butter in a large skillet over medium-high heat. Stir in the chicken and cook until no longer pink in the center, about 7 minutes.
- Whisk together the condensed cream of chicken soup, sour cream, chiles, and ranch dressing in a bowl; spread a thin layer of the mixture into a 9x13 inch baking dish.
- Spoon about 2 tablespoons of sauce into each tortilla; divide the chicken among the tortillas and sprinkle with 3/4 of the cheese.
- Roll the tortillas into cylinders and place seam-side-down into the baking dish.
- Pour the remaining sauce over the enchiladas and cover the dish with aluminum foil.
- Bake in the preheated oven until hot, about 35 minutes.
- Remove the foil and sprinkle with the remaining cheese. Return to the oven and cook a few more minutes until the cheese melts.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:5.93, Inflammation Score:-4, Nutrition Score:9.669130374556%

Nutrients (% of daily need)

Calories: 304.69kcal (15.23%), Fat: 17.86g (27.48%), Saturated Fat: 9.05g (56.54%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 20.06g (7.29%), Sugar: 2.87g (3.19%), Cholesterol: 61.07mg (20.36%), Sodium: 722.24mg (31.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.9%), Selenium: 21.01µg (30.01%), Vitamin B3: 4.77mg (23.86%), Phosphorus: 228.92mg (22.89%), Calcium: 183.85mg (18.39%), Vitamin B2: 0.23mg (13.82%), Vitamin B1: 0.2mg (13.51%), Vitamin B6: 0.27mg (13.37%), Manganese: 0.19mg (9.65%), Folate: 37.44µg (9.36%), Iron: 1.67mg (9.28%), Vitamin A: 427.37IU (8.55%), Vitamin B5: 0.67mg (6.67%), Zinc: 0.97mg (6.44%), Potassium: 215.35mg (6.15%), Fiber: 1.47g (5.88%), Magnesium: 22.96mg (5.74%), Vitamin B12: 0.31µg (5.23%), Vitamin K: 4.43µg (4.22%), Copper: 0.08mg (3.93%), Vitamin E: 0.41mg (2.71%), Vitamin C: 1.67mg (2.03%)