

DINNER

Chicken-Sour Cream Enchiladas

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$2.60	774 kcal

You can never have too many Mexican recipes, so give Chicken-Sour Cream Enchiladas a try. One portion of this dish contains roughly 40g of protein, 50g of fat, and a total of 774 calories. For \$2.6 per serving, you get a main course that serves 6. It is brought to you by My Recipes.

Ingredients

- ☐ 2 cups chopped cooked chicken
- ☐ 2 tablespoons all-purpose flour
- ☐ 13½ ounce diced green chiles, divided
canned
- ☐ 16 ounces cups shredded Monterey Jack cheese,
divided
- ☐ 1 medium onion, chopped
- ☐ 16 ounce carton sour cream, divided
- ☐ 12 6-inch (6-inch) flour tortillas
- ☐ 1¼ cups milk
- ☐ 1 tablespoon olive oil

EQUIPMENT Sauce pan, Oven, Whisk, Baking pan

Method

- 1

Saut onion in hot oil over medium-high heat 5 minutes or until tender.
- 2

Stir together chicken, 1/4 cup sour cream, and 1 1/2 cups shredded Monterey Jack cheese. Stir in onion. Spoon chicken mixture evenly on one end of each tortilla, and roll up. Arrange, seam side down, in a lightly greased 13- x 9-inch baking dish.

- 3 Whisk together 2 cans green chiles, milk, and flour in a saucepan over medium heat; gradually add remaining 2 1/2 cups cheese, stirring constantly, until cheese is melted and mixture is smooth; pour sauce evenly over top of enchiladas.
- 4 Spread remaining sour cream over sauce.
- 5 Bake enchiladas at 400 for 20 to 25 minutes or until bubbly.
- 6 Drain remaining can of green chiles, and spread evenly on top of enchiladas.

Nutrition per serving

774	40 g	50 g	43 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			26 g · 162% of daily needs
Fibre			3.6 g · 14% of daily needs
Sugar			8.4 g · 9% of daily needs
Sodium			1,227 mg · 53% of daily needs
Cholesterol			153 mg · 51% of daily needs
Vitamin C			23.9 mg · 29% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/chicken-sour-cream-enchiladas-148157