



## Chile-Chicken Enchiladas

READY IN



65 min.

SERVINGS



8

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups roasted chicken diced cooked
- 4.5 oz chilis green chopped canned
- 19 oz enchilada sauce canned (any variety)
- 11 oz flour tortilla for burritos (8 tortillas;
- 8 servings spring onion chopped
- 6 oz monterrey jack cheese shredded
- 4 oz cheddar cheese shredded
- 1 cup cream sour

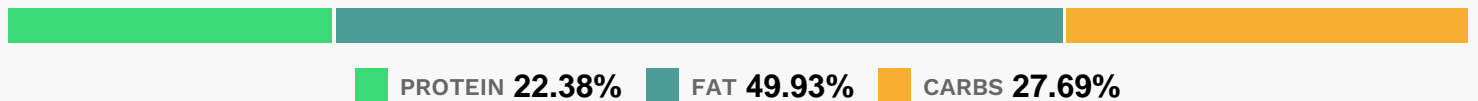
## Equipment

- bowl
- oven
- baking pan
- aluminum foil
- glass baking pan

## Directions

- Heat oven to 350F. Spray bottom of 13x9-inch (3-quart) glass baking dish with cooking spray.
- Spread 1/2 cup enchilada sauce in bottom of baking dish. In medium bowl, stir together chicken, Monterey Jack cheese, sour cream and chiles.
- Spoon about 1/3 cup chicken mixture down center of each tortilla.
- Roll up tortillas; arrange, seam sides down, in baking dish. Top enchiladas with remaining enchilada sauce.
- Sprinkle with Cheddar cheese. Spray sheet of foil with cooking spray; cover baking dish with foil, sprayed side down.
- Bake 35 minutes.
- Remove foil; bake 5 to 10 minutes longer or until hot and cheese is melted. Top with avocado or green onions. If desired, serve with lettuce, chopped tomato and additional sour cream.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:6.31, Inflammation Score:-7, Nutrition Score:14.164782695148%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 404kcal (20.2%), Fat: 22.33g (34.35%), Saturated Fat: 11.46g (71.65%), Carbohydrates: 27.86g (9.29%), Net Carbohydrates: 24.92g (9.06%), Sugar: 7.21g (8.01%), Cholesterol: 76.31mg (25.44%), Sodium: 1190.36mg (51.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.51g (45.02%), Selenium: 25.54µg (36.49%), Calcium: 359.04mg (35.9%), Phosphorus: 332.65mg (33.26%), Vitamin B3: 4.67mg (23.33%), Vitamin B2: 0.36mg (21.45%), Vitamin A: 1028IU (20.56%), Vitamin K: 16.53µg (15.74%), Vitamin B1: 0.24mg (15.71%), Iron: 2.74mg (15.22%), Folate: 59.37µg (14.84%), Zinc: 2.03mg (13.53%), Fiber: 2.94g (11.74%), Vitamin B6: 0.23mg (11.38%), Manganese: 0.22mg (10.75%), Vitamin C: 8.19mg (9.92%), Vitamin B12: 0.49µg (8.14%), Magnesium: 30.21mg (7.55%), Potassium: 227.53mg (6.5%), Vitamin B5: 0.62mg (6.22%), Copper: 0.08mg (4.11%), Vitamin E: 0.3mg (2.03%), Vitamin D: 0.21µg (1.42%)