



Cream Cheese Chicken Enchiladas

READY IN



50 min.

SERVINGS



10

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce canned tomatoes diced drained canned
- 16 ounce cream cheese softened
- 10 large flour tortillas
- 0.5 cup cilantro leaves fresh chopped
- 4 cloves garlic crushed
- 7 ounce chiles diced green canned
- 15 ounce enchilada sauce green canned
- 8 green onions chopped
- 1 tablespoon ground cumin

- 1 teaspoon ground pepper black
- 0.3 cup juice of lime
- 2 teaspoons salt
- 2 cups cheddar cheese shredded divided
- 3 chicken breasts boneless skinless

Equipment

- bowl
- sauce pan
- oven
- baking pan
- kitchen thermometer
- cutting board

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a baking dish.
- Bring a saucepan of lightly salted water to a boil. Cook the chicken breasts in boiling water until no longer pink in the center and the juices run clear, 7 to 10 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- Remove chicken to a cutting board to cool.
- Beat cream cheese, garlic, cumin, salt, and pepper together in a bowl. Stir tomatoes, green onion, green chiles, cilantro, and lime juice into the cream cheese mixture.
- Add 1 cup Cheddar cheese and fold to integrate.
- Shred cooled chicken with a pair of forks into strands; stir into the cream cheese mixture. Spoon about 1/2 cup of the chicken mixture into the center of each tortilla and fold tortilla around the filling; arrange into the prepared baking dish. Top tortillas with remaining Cheddar cheese and green enchilada sauce.
- Bake in the preheated oven until hot and the cheese is melted, about 20 minutes.

Nutrition Facts



■ PROTEIN 18.28% ■ FAT 56.22% ■ CARBS 25.5%

Properties

Glycemic Index:25.7, Glycemic Load:6.67, Inflammation Score:-8, Nutrition Score:17.071738963542%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 425.5kcal (21.28%), Fat: 26.91g (41.4%), Saturated Fat: 14.61g (91.31%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 24.11g (8.77%), Sugar: 7.96g (8.84%), Cholesterol: 90.11mg (30.04%), Sodium: 1522.33mg (66.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.68g (39.37%), Selenium: 28.43µg (40.62%), Phosphorus: 310.75mg (31.08%), Calcium: 288.1mg (28.81%), Vitamin B3: 5.66mg (28.32%), Vitamin A: 1407.41IU (28.15%), Vitamin K: 28.75µg (27.38%), Vitamin B2: 0.36mg (21.42%), Vitamin B6: 0.43mg (21.38%), Vitamin C: 16.21mg (19.65%), Iron: 2.98mg (16.53%), Manganese: 0.32mg (16.25%), Vitamin B1: 0.24mg (15.81%), Folate: 62µg (15.5%), Fiber: 3.35g (13.41%), Potassium: 443.26mg (12.66%), Zinc: 1.64mg (10.91%), Vitamin B5: 1.05mg (10.48%), Magnesium: 40.36mg (10.09%), Vitamin E: 1.26mg (8.43%), Copper: 0.16mg (7.85%), Vitamin B12: 0.41µg (6.79%), Vitamin D: 0.17µg (1.13%)