



## Creamy Chile Enchiladas

READY IN



65 min.

SERVINGS



8

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup black beans
- 4.5 oz chilis green chopped old el paso® canned
- 2 cups chicken broth progresso® (from 32-oz carton)
- 2 cups chicken shredded cubed cooked
- 1 cup corn whole green frozen giant® niblets®
- 8 7-inch corn tortillas (6 or )
- 6 oz yogurt plain fat free
- 3 tablespoons flour all-purpose gold medal®
- 0.3 cup cilantro leaves fresh chopped

- 0.5 cup spring onion sliced (8 medium)
- 0.5 teaspoon ground cumin
- 6 oz cheddar cheese shredded reduced-fat
- 0.1 teaspoon bell pepper red (cayenne)
- 0.8 cup tomatoes chopped

## Equipment

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

## Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 2-quart saucepan, stir broth, flour, cumin and red pepper with whisk until blended. Cook and stir about 5 minutes, until mixture boils and thickens slightly.
- Remove from heat. Stir in yogurt until blended.
- In medium bowl, mix chicken, 3/4 cup of the cheese, the corn, black beans, green onions, cilantro, chiles and 1/2 cup of the yogurt sauce. Spoon about 1/3 cup chicken mixture down center of each tortilla.
- Roll up tortillas; arrange seam sides down in baking dish. Top with remaining yogurt sauce. Cover with foil.
- Bake 30 to 35 minutes or until sauce is bubbly.
- Sprinkle with remaining 3/4 cup cheese.
- Bake uncovered about 5 minutes longer or until cheese is melted. Top with tomato just before serving.

## Nutrition Facts

PROTEIN 33.58% FAT 20.51% CARBS 45.91%

## Properties

Glycemic Index:36.81, Glycemic Load:8.9, Inflammation Score:-5, Nutrition Score:12.278260827712%

## Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 236.47kcal (11.82%), Fat: 5.41g (8.32%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 23.05g (8.38%), Sugar: 2.82g (3.13%), Cholesterol: 32.32mg (10.77%), Sodium: 501.79mg (21.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.92g (39.84%), Phosphorus: 351.06mg (35.11%), Selenium: 15.95µg (22.79%), Vitamin B3: 4.04mg (20.2%), Calcium: 182.12mg (18.21%), Fiber: 4.19g (16.75%), Vitamin K: 15.78µg (15.03%), Folate: 57.97µg (14.49%), Vitamin B2: 0.24mg (14.37%), Magnesium: 57.13mg (14.28%), Vitamin B6: 0.28mg (14.23%), Manganese: 0.28mg (13.82%), Zinc: 1.92mg (12.82%), Vitamin C: 9.3mg (11.27%), Potassium: 375.74mg (10.74%), Iron: 1.92mg (10.69%), Vitamin B1: 0.15mg (10.23%), Copper: 0.15mg (7.32%), Vitamin B5: 0.64mg (6.42%), Vitamin A: 299.16IU (5.98%), Vitamin B12: 0.35µg (5.79%), Vitamin E: 0.26mg (1.72%)