



## Creamy Chicken & Chile Enchiladas

READY IN



30 min.

SERVINGS



10

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 oz chilis green chopped old el paso® canned
- 1 lb chicken breast uncooked
- 8 oz cream cheese cut into cubes
- 20 oz enchilada sauce green old el paso® canned
- 10.5 oz flour tortilla soft for tacos & fajitas ( old el paso®)
- 3 oz cheddar cheese shredded

### Equipment

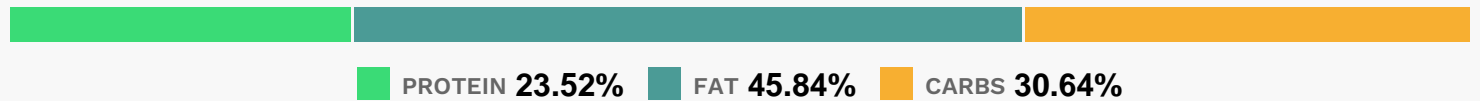
- frying pan

- oven
- baking pan
- glass baking pan

## Directions

- Heat oven to 400°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 10-inch nonstick skillet, cook chicken over medium-high heat, stirring occasionally, until no longer pink in center. Stir in cream cheese and chiles; reduce heat to medium. Cook and stir until blended and cream cheese is melted.
- Spoon chicken filling onto tortillas; roll up and place seam sides down in baking dish.
- Pour enchilada sauce over top; sprinkle with Cheddar cheese.
- Bake 15 to 20 minutes or until hot and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:8.8, Glycemic Load:5.04, Inflammation Score:-6, Nutrition Score:10.762173906617%

## Nutrients (% of daily need)

Calories: 282.23kcal (14.11%), Fat: 14.28g (21.97%), Saturated Fat: 7.34g (45.9%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 19.25g (7%), Sugar: 5.77g (6.41%), Cholesterol: 60.44mg (20.15%), Sodium: 940.76mg (40.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.97%), Selenium: 25.55µg (36.5%), Vitamin B3: 6.15mg (30.76%), Phosphorus: 221.2mg (22.12%), Vitamin B6: 0.39mg (19.56%), Vitamin A: 797.67IU (15.95%), Calcium: 132.45mg (13.24%), Vitamin B2: 0.22mg (13.11%), Vitamin B1: 0.19mg (12.51%), Folate: 40.51µg (10.13%), Iron: 1.8mg (9.98%), Fiber: 2.22g (8.89%), Vitamin B5: 0.87mg (8.7%), Manganese: 0.16mg (7.86%), Vitamin C: 6.04mg (7.32%), Potassium: 255.94mg (7.31%), Magnesium: 23.19mg (5.8%), Zinc: 0.86mg (5.72%), Vitamin B12: 0.23µg (3.85%), Vitamin K: 2.91µg (2.78%), Copper: 0.05mg (2.5%), Vitamin E: 0.34mg (2.3%)