



Creamy Chicken Enchiladas

READY IN



45 min.

SERVINGS



6

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 8 ounce cream cheese softened
- ☐ 8 12-inch flour tortillas ()
- ☐ 5 green onions chopped
- ☐ 4 ounces monterrey jack cheese shredded
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 20 ounce tomato and chiles diced green undrained canned

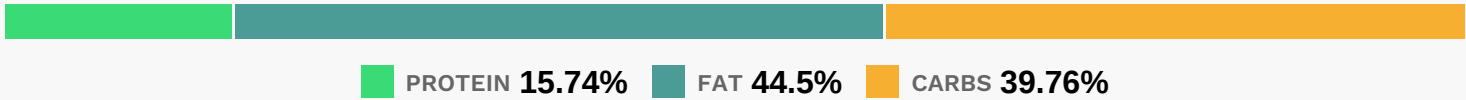
Equipment

- ☐ oven
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Stir together 1/4 cup diced tomato and green chiles, chicken, cream cheese, and green onions. Stir together remaining diced tomato and green chiles and sour cream; set aside.
- ☐ Microwave tortillas at HIGH 15 seconds or until warm.
- ☐ Arrange chicken mixture evenly down center of tortillas; roll up, and place, seam side down, in a lightly greased 13- x 9-inch baking dish.
- ☐ Bake, covered, at 350 for 30 minutes.
- ☐ Pour sour cream mixture over enchiladas; top with cheese.
- ☐ Bake 10 more minutes; let stand 15 minutes.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:25.44, Inflammation Score:-9, Nutrition Score:30.273043518481%

Flavonoids

Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 840.9kcal (42.04%), Fat: 41.51g (63.86%), Saturated Fat: 20.38g (127.35%), Carbohydrates: 83.46g (27.82%), Net Carbohydrates: 76.75g (27.91%), Sugar: 11.16g (12.4%), Cholesterol: 112.3mg (37.43%), Sodium: 1403.85mg (61.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.03g (66.05%), Selenium: 52.83µg (75.47%), Phosphorus: 582.19mg (58.22%), Vitamin B1: 0.85mg (56.87%), Vitamin B3: 11.1mg (55.49%), Calcium: 460mg (46%), Manganese: 0.89mg (44.65%), Vitamin B2: 0.75mg (43.96%), Folate: 174.86µg (43.71%), Vitamin K: 40.94µg (38.99%), Iron: 6.69mg (37.16%), Vitamin A: 1794.48IU (35.89%), Fiber: 6.71g (26.86%), Vitamin B6: 0.41mg (20.72%), Potassium: 660.88mg (18.88%), Vitamin C: 15.17mg (18.38%), Zinc: 2.6mg (17.3%), Magnesium: 67.92mg (16.98%), Copper: 0.27mg (13.42%), Vitamin B5: 1.18mg (11.77%), Vitamin B12: 0.45µg (7.58%), Vitamin E: 1.08mg (7.22%)