



Creamy Chicken Enchiladas

READY IN



45 min.

SERVINGS



5

CALORIES



1267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 3.5 cups chicken breast cooked chopped
- ☐ 8 ounce cream cheese softened
- ☐ 8 8-inch flour tortillas ()
- ☐ 16 ounce monterrey jack cheese shredded
- ☐ 1 medium onion chopped
- ☐ 2 cups whipping cream

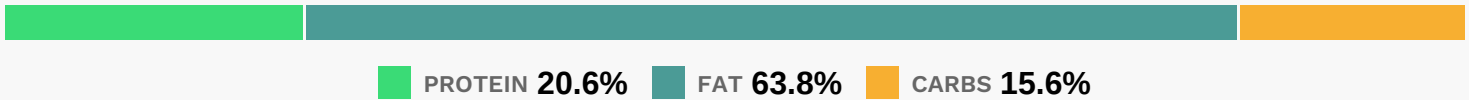
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Melt butter in a large skillet over medium heat; add onion, and saute 5 minutes.
- ☐ Add green chiles; saute 1 minute. Stir in cream cheese and chicken; cook, stirring constantly, until cream cheese melts.
- ☐ Spoon 2 to 3 tablespoons chicken mixture down center of each tortilla.
- ☐ Roll up tortillas, and place, seam side down, in a lightly greased 13- x 9-inch baking dish.
- ☐ Sprinkle with Monterey Jack cheese, and drizzle with whipping cream.
- ☐ Bake at 350 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:14.03, Inflammation Score:-9, Nutrition Score:35.945217008176%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 1266.5kcal (63.33%), Fat: 89.82g (138.19%), Saturated Fat: 52.24g (326.51%), Carbohydrates: 49.39g (16.46%), Net Carbohydrates: 45.72g (16.63%), Sugar: 8.9g (9.89%), Cholesterol: 317.43mg (105.81%), Sodium: 1514.12mg (65.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.26g (130.52%), Selenium: 65.34µg (93.35%), Calcium: 932.51mg (93.25%), Phosphorus: 907.91mg (90.79%), Vitamin B3: 17.42mg (87.09%), Vitamin B2: 0.99mg (58.45%), Vitamin A: 2859.56IU (57.19%), Vitamin B6: 0.82mg (41.19%), Vitamin B1: 0.54mg (35.67%), Zinc: 4.65mg (31%), Folate: 122.83µg (30.71%), Iron: 5.17mg (28.69%), Manganese: 0.46mg (23.2%), Vitamin B12: 1.34µg (22.35%), Magnesium: 84.92mg (21.23%), Potassium: 638.8mg (18.25%), Vitamin B5: 1.82mg (18.22%), Fiber:

3.66g (14.65%), Vitamin D: 2.17µg (14.44%), Vitamin C: 10.93mg (13.25%), Vitamin E: 1.86mg (12.38%), Vitamin K: 12.52µg (11.93%), Copper: 0.19mg (9.46%)