



## Creamy Chicken Enchiladas

READY IN



40 min.

SERVINGS



40

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups colby & monterey jack cheeses shredded divided kraft
- 10 oz cream of chicken soup reduced-sodium canned
- 2.5 cups meat from a rotisserie chicken cooked chopped
- 0.8 cup knudsen cream sour divided
- 12 6-inch flour tortillas ()
- 0.3 cup cilantro leaves fresh divided chopped
- 1.5 cups taco bellâ® & chunky salsa thick

## Equipment

- oven
- baking pan

## Directions

- Heat oven to 350F.
- Combine chicken, soup, 3/4 cup cheese, 1/2 cup sour cream and 3 Tbsp. cilantro. Spoon about 1/4 cup chicken mixture down center of each tortilla; roll up.
- Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray; top with salsa and remaining cheese.
- Bake 25 min. or until heated through. Top with remaining sour cream and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:2.72, Glycemic Load:1.62, Inflammation Score:-2, Nutrition Score:2.852173925094%

## Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 79.42kcal (3.97%), Fat: 4.15g (6.39%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 5.45g (1.98%), Sugar: 0.92g (1.02%), Cholesterol: 14.38mg (4.79%), Sodium: 217.8mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Selenium: 5.26µg (7.51%), Phosphorus: 66.6mg (6.66%), Vitamin B3: 1.23mg (6.17%), Calcium: 56.24mg (5.62%), Vitamin B2: 0.07mg (4.15%), Vitamin B1: 0.06mg (3.78%), Iron: 0.59mg (3.28%), Vitamin B6: 0.06mg (3.21%), Manganese: 0.06mg (3.16%), Vitamin A: 146.1IU (2.92%), Folate: 10.64µg (2.66%), Zinc: 0.39mg (2.58%), Potassium: 72.11mg (2.06%), Fiber: 0.49g (1.97%), Magnesium: 7.31mg (1.83%), Vitamin K: 1.86µg (1.77%), Copper: 0.03mg (1.64%), Vitamin B5: 0.16mg (1.59%), Vitamin E: 0.19mg (1.27%), Vitamin B12: 0.08µg (1.26%)